**100+ RECIPES: UK'S BEST-VALUE FOOD MAG**

# easycook

APRIL 2025

FROM goodFOOD

# Happy feaster

*ALL YOU NEED FOR THE LONG EASTER WEEKEND*

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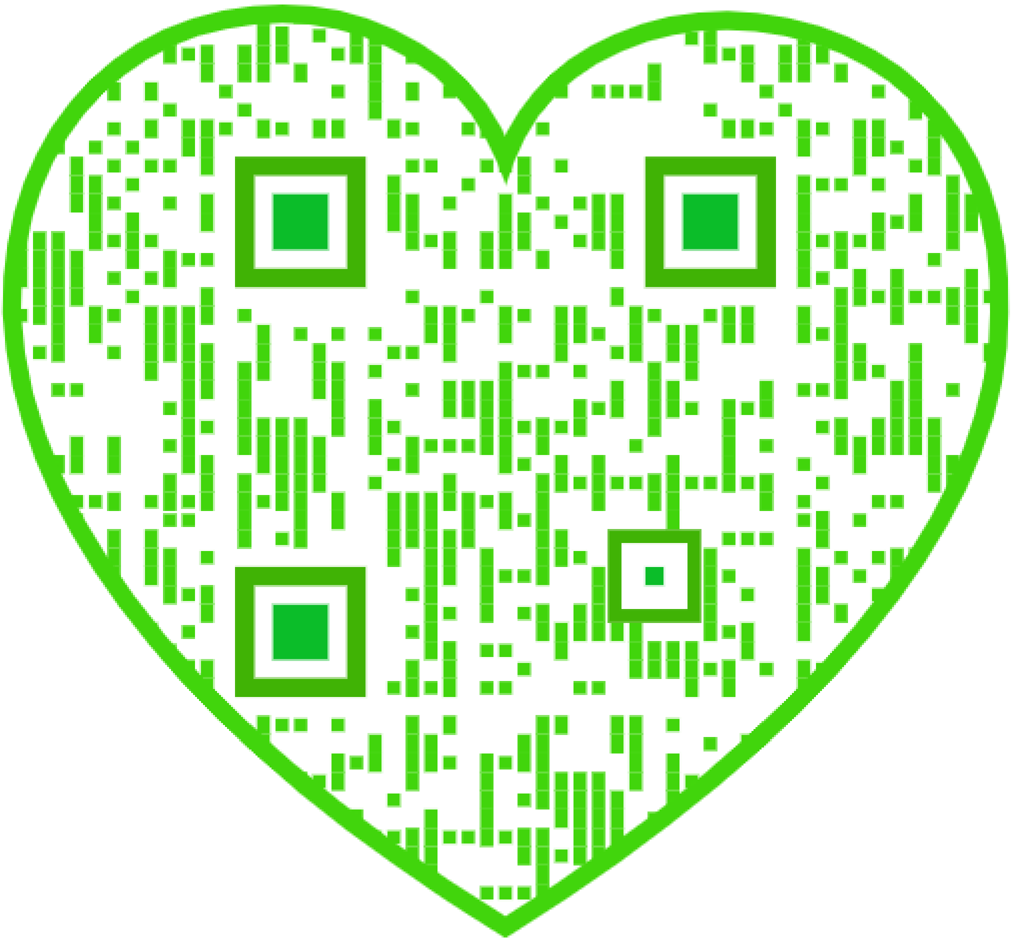

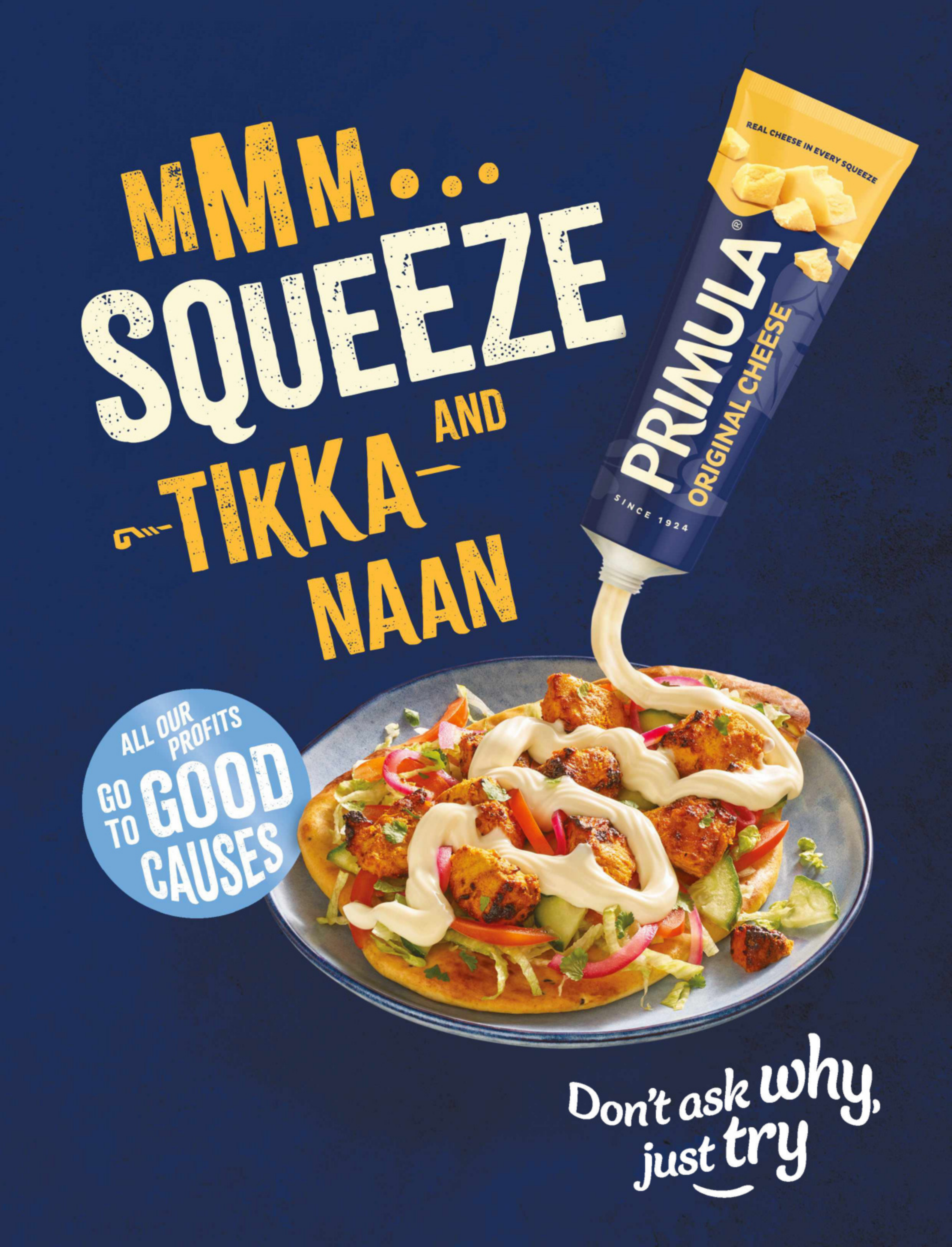
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# Welcome!

Easter is surely the most welcome weekend of the year. Four days away from work to relax with friends and family, and cook and eat to your heart's desire. In this month's issue, we're going all out with 24 pages of menus to cover every day of the celebrations. We kick off with Rick and Jack Stein's menu for four (p48), showcasing, as you'd imagine, fish. For Sunday, enjoy a Greek Easter feast (p52), with gorgeous slow-cooked lamb as the star of the table. For non-meat eaters, a veggie spiral pie takes centre stage (p56). Plus, we have lots of ideas for the bank holidays and bakes galore – check out the chocolate orange cake on page 66. A thing of wonder! Have a great break.

Keith Kendrick

**Editor**

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✵**Suzanne Mulholland** whips up freezable veggie dishes (p44).

✵**Rick and Jack Stein** share a super seafood menu for Easter (p48).

✵**Victoria Prever** makes granola for Passover, and shares more about the holiday (p82).

Andrew Hayes-Watkins

## Easter egg brownies

■ Serves 10 ■ Prep 30 mins plus 1 hr chilling ■ Cook 30 mins VEGETARIAN

**185g unsalted butter, cut into small chunks, plus extra for the tin**
**185g dark chocolate, broken into pieces**
**3 eggs**
**275g golden caster sugar**
**85g plain flour**
**40g cocoa powder**
**5 fondant-filled eggs**
**150g chocolate mini eggs**
**TO DECORATE**
**a few chenille Easter chicks (optional)**

**1** Melt the butter and chocolate in a heatproof bowl over a pan of simmering water, stirring occasionally. Or, microwave in 30-second bursts. Leave to cool to room temperature.

**2** Heat the oven to 180C/160C fan/gas 4. Butter a 20cm square tin, then line with two long strips of folded baking parchment – one strip running from top to bottom, the other running from left to right. Line the base of the tin with a piece of baking parchment.

**3** Crack the eggs into a bowl. Add the sugar and whisk using an electric whisk on high speed for around 5-8 mins, or until the mixture is thick, creamy and doubled in volume.

**4** Pour the cooled chocolate mixture over the egg mixture, then gently fold together. Sieve in the flour and cocoa powder, then continue to fold the mixture gently until everything is just combined – try not to over-mix. Pour the mixture into the tin and level the surface using a spatula. Bake on the middle shelf for 20 mins.

**5** Halve the fondant-filled eggs, then set aside. Crush the mini eggs using a pestle and mortar, reserving a few whole ones. After 20 mins, take the brownie out of the oven and press in the fondant eggs, cut-side up. Scatter over half the mini eggs, then return to the oven for 5 mins.

**6** Once baked, top with the remaining mini eggs, leave to cool completely, then chill for about 1 hr. Lift out of the tin using the baking parchment strips and decorate with Easter chicks, if you like (remove before cutting and serving).

**PER SERVING** 575 kcals, fat 32g, saturates 19g, carbs 64g, sugars 52g, fibre 3g, protein 7g, salt 0.1g

From goodFOOD

Most of our recipes have previously appeared in our sister title, Good Food, and have been developed in the Test Kitchen, so you can trust that they work every time.

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## OUR PROMISE TO YOU

We know how busy you are, so the recipes in Easy Cook are designed to make life easier

- We try to keep the ingredients lists as short as possible, and preparation times to a minimum.
- To save you time, many of our recipes use ingredients you might already have in your kitchen.

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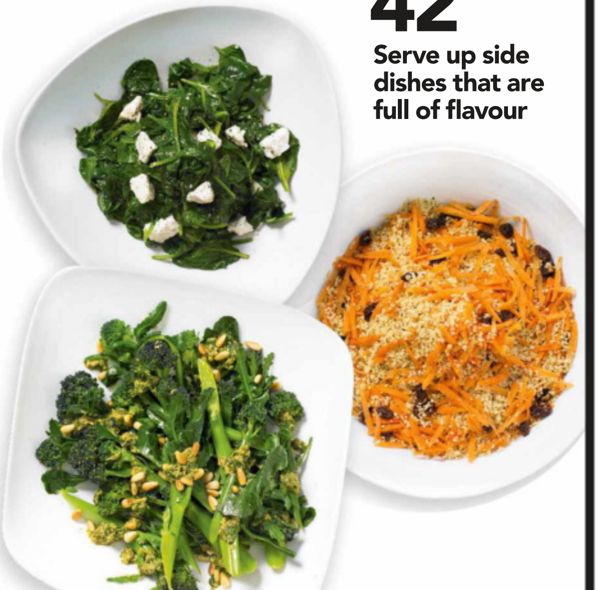

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AIR FRYER BRUNCHES
GREEK LAMB MENU FOR SIX
FREEZE-AHEAD VEGGIE DISHES

Chocolate orange cake, p66

# TWO BECOME ONE

Two favourite pasta dishes combine to make this wonderfully warming supper that's guaranteed to please a crowd

## Macaroni cheese lasagne

*Comfort is a big bowl of cheesy baked pasta, and what's more comforting than a timeless mac 'n' cheese or hearty lasagne? Here, we've combined both into one gloriously rich recipe, complete with an indulgent, meaty ragu.*

- Serves 6-8
- Prep 10 mins plus resting
- Cook 1 hr 20 mins

FREEZABLE ragu only

**2 tbsp olive oil**
**400g lean beef mince**
**50g smoked pancetta, chopped**
**½ onion, finely chopped**
**½ celery stick, finely chopped**
**½ carrot, finely chopped**
**1 garlic clove, crushed**
**150ml red wine**
**1 tbsp tomato purée**
**400g can chopped tomatoes**
**250ml beef stock**
**2 bay leaves**
**1 rosemary sprig**
**1 tsp sugar**
**400g macaroni**
**80g grated mozzarella**
**a few whole basil leaves, to serve (optional)**

**FOR THE SAUCE**
**50g butter**
**50g plain flour**
**2 tsp English mustard**
**800ml semi-skimmed milk**
**small grating of nutmeg**
**100g grated parmesan**
**100g mature cheddar, grated**

**1** Heat half the oil in a large, heavy-based frying pan or flameproof casserole dish over a medium-high heat and fry the mince and pancetta until golden brown. Transfer to a bowl using a slotted spoon and set aside.

**2** Tip the remaining oil into the pan and fry the onion, celery and carrot for 10 mins until just softened. Add the garlic and cook for 1 min more, then return the meat to the pan. Pour in the wine, bring to a simmer and cook until the mixture is reduced by half. Stir in the tomato purée, tomatoes, stock, bay, rosemary and sugar. Simmer, covered, for 30 mins, then remove the lid and simmer uncovered for another 10 mins until reduced. *Once completely cool, the ragu will keep frozen in an airtight container for up to two months.*

**3** Meanwhile, make the cheese sauce. Melt the butter in a saucepan until foaming, then stir in the flour and cook for 2 mins. Stir in the mustard, then remove from the heat and gradually whisk in the milk in small additions. Return the pan to the heat and simmer for 5-6 mins, whisking continuously until thick and smooth. Add the nutmeg, parmesan and 80g of the cheddar, then season to taste.

**4** Heat the oven to 200C/180C fan/gas 6. Cook the macaroni in a large pan of boiling water for 5 mins. Drain, then stir into the cheese sauce. Spread the ragu into the base of a large rectangular baking dish (ours was 28 x 22 x 5cm), then spoon over the mac 'n' cheese and gently spread out using the back of a spoon to cover the ragu. Top with the rest of the cheddar and the mozzarella, and bake for 25-30 mins until golden and bubbling. Leave to rest for 5 mins, then scatter over a few basil leaves to serve, if you like.

**PER SERVING** (8) 574 kcals, fat 25g, saturates 13g, carbs 49g, sugars 9g, fibre 4g, protein 33g, salt 1.3g

### Always add mustard

The sharp heat of mustard cuts through the richness of the sauce, so add a hearty dollop of English or Dijon.

### Don't eat meat?

Replace the meat sauce with a veggie version. Skip step one and add **150g red or green lentils** in step 2 after frying the vegetables and cook until tender. You can also swap the cheeses for **vegetarian Italian-style hard cheese**. Serves 6.

## Double up

You can make a double quantity of the ragu and freeze half to serve with pasta on another day. The frozen half will serve four people.

**Make ahead and freeze**

# Super savers

Want to liven up family mealtimes without busting your budget? Check out these great-tasting ideas that are light on your wallet

**£1.28 per serving**

**19 budget-friendly recipes**

## Cheesy chicken bake with new potatoes

- Serves 4
- Prep 10 mins
- Cook 45 mins

**8 skin-on chicken thighs**
**85g garlic & herb soft cheese**
**500g new potatoes, halved**
**4 medium tomatoes, halved**
**1 garlic clove, crushed**
**large pinch of caster sugar**
**6 thyme sprigs, leaves picked from 4**
**olive oil, for drizzling**

**1** Heat the oven to 200C/180C fan/gas 6. Carefully lift the skin on the chicken thighs and spread the soft cheese between the skin and flesh. Put the chicken thighs in a roasting tin, skin-side up, and arrange the potatoes and tomatoes, cut-side up, around them.

**2** Scatter the garlic over the tomatoes along with a light sprinkle of sugar (this helps bring out their natural sweetness). Scatter over the thyme leaves and sprigs, season and drizzle with oil. Roast for 45 mins until the chicken and potatoes are cooked through with crisp, golden skin.

**PER SERVING** 789 kcals, fat 55g, saturates 19g, carbs 24g, sugars 5g, fibre 2g, protein 52g, salt 0.8g

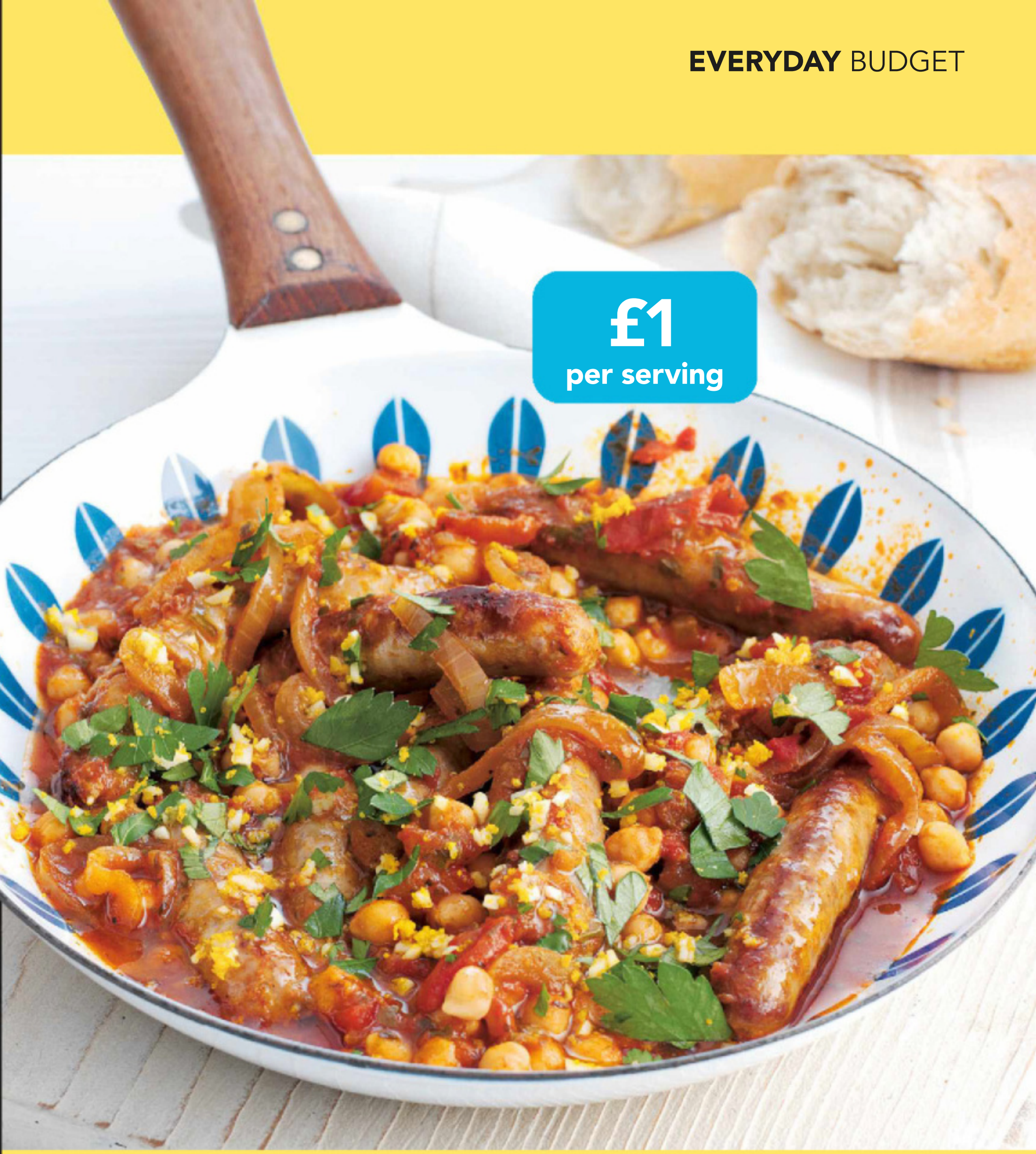
## Use up soft cheese

### Cheese & onion bagel

Mix **2 tbsp garlic & herb soft cheese** with **1 finely chopped spring onion** and a few **toasted pine nuts**. Spread over a **toasted bagel** and top with **tomato** slices. Serves 1.

### Instant creamy pasta sauce

Stir **3 tbsp garlic & herb soft cheese** into **tomato passata**, then toss with **pasta** to make a quick after-work dinner.



## Quick sausage stew

- Serves 4
- Prep 5 mins
- Cook 20 mins

**1 tbsp olive oil**
**12 chipolatas**
**1 onion, sliced**
**410g can chickpeas, drained and rinsed**
**350g tomato sauce**
**150ml chicken stock**
**1 garlic clove, finely chopped**
**1 small orange, zested**
**2 tbsp chopped flat-leaf parsley**
**crusty bread, to serve**

**1** Heat the oil in a deep frying pan over a medium-high heat and fry the sausages for 4-5 mins until golden brown. Remove to a plate and set aside.

**2** Cook the onion in the pan for 5-6 mins until softened, adding a splash of water if it starts to catch. Tip in the chickpeas, tomato sauce and stock, and bring to the boil. Return the sausages to the pan, reduce the heat to a simmer and cook for 5-6 mins more until the sausages are cooked through. Scatter the garlic, orange zest and parsley over the stew, then serve in bowls with crusty bread.

**PER SERVING** 373 kcals, fat 24g, saturates 6g, carbs 23g, sugars 9g, fibre 4g, protein 19g, salt 2.4g

### TOPPING TIP

*If the kids aren't sure about the zesty herb topping, serve this separately in a bowl so everyone can help themselves if they want it.*

**£2.57**
**per serving**

## Rösti-topped fish pie

■ Serves 2 ■ Prep 15 mins
■ Cook 25 mins

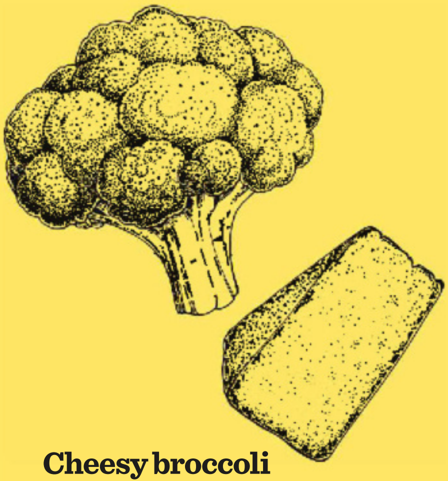
**300g waxy potatoes, halved**
**250g skinless coley fillets (look for frozen coley)**
**300ml milk**
**50g butter**
**1 leek, finely sliced**
**25g flour**
**2 tbsp chopped parsley**
**2 tsp Dijon mustard**

**1** Cook the potatoes in a pan of boiling salted water for 5-7 mins until almost tender but firm enough to grate. Drain and rinse under cold running water. Put the coley in a shallow saucepan and pour over the milk. Bring to a simmer and cook for 5 mins. Drain, reserving the milk, then set aside.
**2** Melt half the butter in a saucepan over a medium heat and cook the leek for 5-6 mins until softened. Stir in the flour for 1 min, then remove from the heat. Gradually add the milk, stirring well between each addition. Return to the heat and bring to the boil, stirring. Simmer for 2 mins, then stir in the parsley and mustard.
**3** Heat the grill to high. Flake the fish into large chunks, then fold into the sauce. Transfer to a small ovenproof dish. Coarsely grate the potatoes. Melt the remaining butter and toss it with the potatoes, then season and scatter over the dish. Slide under a medium grill for 5-10 mins, or until the potatoes are golden and tender.

**PER SERVING** 533 kcals, fat 26g, saturates 15g, carbs 45g, sugars 10g, fibre 4g, protein 34g, salt 1.2g

### TOPPING TIP

*Don't pile the potato too high on this pie, or it might not cook through properly.*



## Cheesy broccoli pasta bake

■ Serves 4 ■ Prep 10 mins
■ Cook 20 mins VEGETARIAN

**280g penne**
**280g broccoli, cut into florets**
**25g butter**
**25g plain flour**
**300ml milk**
**1 tbsp wholegrain mustard**
**140g mature cheddar, grated**

**1** Cook the pasta in a pan of boiling water following pack instructions, adding the broccoli for the final 4-5 mins until tender. Drain well.
**2** Melt the butter in a saucepan and stir in the flour. Cook for 1 min, then gradually add the milk, stirring well between each addition. Bring to the boil, stirring. Simmer for 2 mins, then stir in the mustard, half the cheese and some seasoning.
**3** Mix the pasta and broccoli into the sauce, then transfer to an ovenproof dish. Scatter over the rest of the cheese and slide under a hot grill for 3-4 mins until golden and bubbling.

**PER SERVING** 539 kcals, fat 21g, saturates 12g, carbs 67g, sugars 7g, fibre 5g, protein 25g, salt 1g

**68p**
**per serving**

## Sweet potato falafels with coleslaw

*Low in fat and delicious, sweet potatoes are a budget-friendly way to bulk out vegetarian midweek meals.*

- Serves 4
- Prep 20 mins
- Cook 50 mins

VEGETARIAN

**1 large or 2 small sweet potatoes (about 700g)**
**1 tsp ground cumin**
**2 garlic cloves, chopped**
**2 tsp ground coriander**
**handful of coriander leaves, chopped**
**½ lemon, juiced**
**100g plain or chickpea (gram) flour**
**1 tbsp olive oil**
**4 wholemeal pittas**
**4 tbsp reduced-fat hummus**
**FOR THE COLESLAW**
**2 tbsp red wine vinegar**
**1 tbsp golden caster sugar**
**1 small onion, finely sliced**
**1 medium carrot, grated**
**¼ each white and red cabbage, shredded**

**1** Heat the oven to 200C/180C fan/gas 6. Poke the potatoes all over using a fork, then microwave for 8-10 mins until tender. Leave to cool a little, then peel. Put the potato flesh, cumin, garlic, ground and fresh coriander, lemon juice and flour in a large bowl. Season, then mash until smooth. Shape the mixture into 20 balls using a tablespoon, then transfer to an oiled baking sheet. Bake for 15 mins until the bases are golden brown, then flip over and bake for 15 mins more until golden brown all over.

**2** Meanwhile, make the coleslaw. Stir the vinegar and sugar together in a bowl until the sugar dissolves, then toss through the onion, carrot and cabbage, and leave to marinate for 15 mins. To serve, toast the pittas, then split. Fill with the coleslaw, hummus and the falafels.

**PER SERVING** 486 kcals, fat 8g, saturates 1g, carbs 92g, sugars 24g, fibre 14g, protein 16g, salt 1g

**99p per serving**

**99p**
per serving

## Cauliflower & chickpea pilaf

- Serves 4
- Prep 10 mins
- Cook 20 mins **VEGETARIAN**

**1 tbsp sunflower oil**
**2 large onions, sliced**
**1 tbsp curry paste**
**200g basmati rice**
**350g cauliflower florets**
**400g can chickpeas, drained and rinsed**
**500ml vegetable stock**
**50g toasted flaked almonds**
**handful of chopped coriander**

**1** Heat the oil in a large, non-stick pan over a medium heat and cook the onions for 5 mins until starting to turn golden. Stir in the curry paste and cook for 1 min more. Add the rice, cauliflower and chickpeas, and stir to coat in the paste.

**2** Pour in the stock and stir. Cover and simmer for 10-15 mins until the rice and cauliflower are tender and all the liquid has been absorbed. Stir in the almonds and coriander, then serve.

**PER SERVING** 443 kcals, fat 14g, saturates 1g, carbs 68g, sugars 10g, fibre 8g, protein 16g, salt 0.8g

### TRY IT AS A SIDE

*This recipe is delicious served on its own, or as a side dish with grilled chicken breasts that have been rubbed with a little of the curry paste.*

## Prawn & chilli salad

*This zesty, flavourful salad is speedy but satisfying, so it's just the thing to whip up on busy weeknights.*

- Serves 2
- Prep 20 mins
- No cook

**1 small garlic clove, finely chopped**
**1 small red chilli, deseeded and finely chopped**
**1 tbsp golden caster sugar**
**2 limes, juiced**
**250g thin rice noodles**
**150g cooked tiger prawns, halved along their spines**
**½ cucumber, peeled, deseeded and cut into matchsticks**
**1 carrot, cut into matchsticks or grated**
**6 spring onions, shredded**
**handful of coriander or mint leaves**
**1 tbsp roasted peanuts, chopped**

**1** For the dressing, mash the garlic, chilli and sugar together using a pestle and mortar. Add the lime juice and 3 tbsp water, stir and set aside.

**2** Put the noodles in a heatproof bowl and cover with boiling water. Let stand for 10 mins until tender, then drain and divide between two bowls.

**3** Combine the prawns and veg, then divide between the bowls. Top the salads with the herbs and peanuts, then pour over the dressing to serve.

**PER SERVING** 579 kcals, fat 4g, saturates 1g, carbs 117g, sugars 14g, fibre 2g, protein 27g, salt 1.6g

**£3.29**
per serving

£1.45
per serving

## Chicken & chipotle stew

*Bring some spice to mealtimes with this tasty one-pan supper that can also be made in a slow cooker.*

- Serves 4
- Prep 20 mins
- Cook 25 mins

**1 tbsp vegetable oil**
**1 medium onion, finely chopped**
**3 garlic cloves, finely chopped**
**½ tsp dark brown soft sugar**
**1 tsp chipotle paste**
**400g can chopped tomatoes**
**4 skinless, boneless chicken breasts**
**1 small red onion, sliced into rings**
**a few coriander leaves**
**rice or corn tortillas, to serve**

**1** Heat the oil in a medium saucepan over a medium heat and cook the onion for 5 mins, or until softened and starting to turn golden, adding the garlic for the final minute. Stir in the sugar, chipotle paste and tomatoes. Put the chicken in the pan, spoon over the sauce, and simmer for 20 mins until the chicken is cooked (add a splash of water if the sauce is too dry). (If you want to use a slow cooker, cook the onion and garlic as before, then transfer to the slow cooker with the sugar, chipotle paste, tomatoes and chicken. Cover and cook on high for 2 hrs.)

**2** Remove the chicken and shred with two forks, then stir back into the sauce. Scatter over a little of the red onion and coriander, then serve with rest of the red onion and rice.

**PER SERVING** 203 kcals, fat 5g, saturates 1g, carbs 6g, sugars 4g, fibre 2g, protein 35g, salt 0.3g

£1.79
per serving

## Prawn & chorizo frittata

■ Serves 2 ■ Prep 10 mins ■ Cook 25 mins

**2 tsp olive oil**
**½ onion, finely chopped**
**50g chorizo, sliced**
**4 eggs, lightly beaten**
**1 tbsp milk**
**85g cooked, peeled prawns**
**100g frozen peas, defrosted**
**leafy salad, to serve**

**1** Heat the grill to medium. Heat the oil in a 20cm frying pan (see below) over a low heat and fry the onion and chorizo for 4-5 mins, stirring occasionally until the onion softens.

**2** Remove the pan from the heat, spoon out any excess fat, then stir in the egg, milk and some seasoning. Stir in the prawns and peas, and return to a low heat for 10-12 mins until all but the very top of the frittata is set. Slide under the grill until golden (keep the handle away from the heat). Serve in wedges with a leafy salad.

**PER SERVING** 387 kcals, fat 25g, saturates 7g, carbs 8g, sugars 4g, fibre 3g, protein 34g, salt 2.1g

## TOO HOT TO HANDLE

*If your frying pan has an ovenproof handle, it will be fine under the grill – just remember to wear oven gloves when removing it. If the pan has a plastic handle, make sure you leave the handle sticking out of the grill, away from direct heat – or, wrap it in foil before grilling.*

## Smoked mackerel & potato bake

■ Serves 4 ■ Prep 10 mins ■ Cook 25 mins

£1.45 per serving

**700g potatoes, cut into 3cm cubes**
**1 small onion, thinly sliced**
**25g butter**
**200g smoked mackerel**
**2 tbsp chopped dill**
**150ml double cream**
**100ml fish stock**
**2 tbsp creamed horseradish**
**green salad, to serve (optional)**

**1** Heat the oven to 200C/180C fan/gas 6. Cook the potatoes and onion in a pan of boiling salted water for 6-7 mins until almost tender. Drain. Butter a 20 x 20cm baking dish using a little of the butter, then arrange the potatoes in it.
**2** Flake the fish into chunks, discarding any skin and bones. Tuck it around the potatoes, then scatter over the dill. Combine the cream, stock and horseradish. Season and pour it over the potatoes. Dot over the remaining butter, then bake for 20-25 mins until golden. Serve with a green salad, if you like.

**PER SERVING** 559 kcals, fat 42g, saturates 18g, carbs 34g, sugars 4g, fibre 3g, protein 14g, salt 1.4g

## Smoked haddock & leek risotto

■ Serves 4 ■ Prep 5 mins
■ Cook 35 mins

**knob of butter**
**1 large leek, thinly sliced**
**300g risotto rice (such as arborio or carnaroli)**
**700ml fish or vegetable stock**
**250ml whole milk**
**375g undyed smoked haddock, skinned and cut into large chunks**
**3 tbsp crème fraîche**
**100g baby spinach**

**1** Heat the oven to 200C/180C fan/gas 6. Melt the butter in a large flameproof casserole over a medium heat and cook the leek for 4-5 mins, stirring often until just tender. Stir in the rice for 2 mins.
**2** Tip in the stock and milk, bring to the boil and simmer for 5 mins. Nestle the haddock on top. Cover the pan with a lid and bake in the oven for 18 mins until the rice is tender.
**3** Fold in the crème fraîche and spinach, season with lots of black pepper, then cover the pan and leave to rest for 3 mins to soften the spinach before serving.

**PER SERVING** 444 kcals, fat 10g, saturates 5g, carbs 64g, sugars 5g, fibre 3g, protein 29g, salt 3.3g

£2.59 per serving

### Not a fan of fish?

### Creamy leek risotto with bacon

Make the risotto as above, leaving out the smoked haddock. At the end, stir in **1 bunch of finely chopped spring onions** instead of the spinach, then serve in bowls topped with **crispy bacon**. Serves 4.

## Courgette & lemon linguine

■ Serves 4 ■ Prep 8 mins ■ Cook 12 mins **VEGETARIAN**

**400g linguine**
**3 courgettes, coarsely grated**
**3 tbsp olive oil, plus extra for drizzling**
**1 garlic clove, finely chopped**
**1 unwaxed lemon, zested**
**large pinch of chilli flakes**
**handful of basil leaves, torn**

**1** Cook the linguine following pack instructions, then drain quickly so some cooking water is still clinging to the strands. Return to the pan with the courgettes, oil, garlic, lemon zest, chillies and most of the basil.
**2** Season well, then use tongs to toss everything together. Scatter over the remaining basil leaves and drizzle with a little more oil, if you like.

**PER SERVING** 435 kcals, fat 10g, saturates 2g, carbs 76g, sugars 5g, fibre 4g, protein 15g, salt 0.2g

**81p**
**per serving**

### DO THE TWIST

*This also makes a great pasta salad – serve with grilled salmon or leftover roast chicken. Swap the linguine for a pasta shape like farfalle or fusilli, drain well, then mix with the other ingredients and cool before serving – the pasta will absorb the flavours while it cools.*

**£2.93**
**per serving**

## Marinated lamb steaks with barley salad

*Including hearty barley in the salad will leave you feeling fuller for longer.*

■ Serves 2 ■ Prep 15 mins plus an optional 2 hrs marinating ■ Cook 30 mins

**2 tbsp olive oil**
**2 garlic cloves, finely chopped**
**pinch of chilli flakes**
**small bunch of mint, chopped**
**2 lean lamb leg steaks (about 100g each), trimmed of any fat**
**100g pearl barley**
**200g broad beans (fresh or frozen), podded and skins removed, if you like**
**100g frozen petit pois**
**1 small red onion, finely chopped**
**1 lemon, zested and juiced**

**1** Combine 1 tbsp oil, the garlic, chilli, half the mint and some seasoning. Rub this over the steaks, then marinate for 2 hrs, if you have time.
**2** Cook the pearl barley in a pan of boiling salted water for 20 mins until tender but not too soft, adding the beans and peas for the last 2 mins. Drain well, then tip into a large bowl. Add the red onion, the rest of the mint, the lemon zest and juice, the remaining oil and some seasoning. Toss everything together.
**3** Heat a griddle or frying pan until almost smoking and cook the lamb for 4 mins on each side for pink or longer if you prefer your meat well done. Divide the barley salad between two plates and serve with the grilled lamb, drizzled with any pan juices.

**PER SERVING** 522 kcals, fat 20g, saturates 4g, carbs 57g, sugars 5g, fibre 9g, protein 33g, salt 0.1g

## Red pepper, ham & cheese tart

- Serves 4
- Prep 5 mins
- Cook 30 mins

**215g ready-rolled puff pastry sheet**
**3 tbsp sundried tomato paste**
**4 slices ham**
**125g ball of mozzarella, drained and torn into chunks**
**50g roasted red peppers from a jar, cut into strips**
**25g pitted black olives, halved**
**large pinch of dried oregano**
**handful of rocket leaves**

**1** Heat the oven to 220C/200C fan/gas 7. Unravel the pastry onto a baking sheet and score a border 1cm from the edge. Prick the middle inside the border all over using a fork, then spread over the sundried tomato paste. Bake for 12-15 mins.

**2** Squash down the puffed-up pastry inside the scored border, then top with the ham, cheese, peppers and olives. Sprinkle over the oregano and bake for 10-12 mins more until the base is crisp. Scatter over the rocket leaves and serve.

**PER SERVING** 377 kcals, fat 29g, saturates 11g, carbs 17g, sugars 1g, fibre 2g, protein 14g, salt 1.8g

**£2.93**
**per serving**

## Make it veggie

### Artichoke & pepper tart

Swap the ham for a **280g jar chargrilled artichokes**. Drain well, scatter over with the other toppings and bake as before. Serves 4.

## Turkey meatball curry

■ Serves 4 ■ Prep 20 mins ■ Cook 25 mins

**500g turkey mince**
**1 heaped tbsp korma curry paste**
**1 tsp groundnut, vegetable or olive oil**
**1 onion, finely chopped**
**500ml chicken stock**
**175ml reduced-fat coconut milk**
**large handful of sugar snap peas, halved on the diagonal**
**16 cherry tomatoes, halved**
**1 tbsp toasted flaked almonds**
**a few coriander leaves (optional)**
**cooked rice, to serve**

**1** Combine the mince, 1 tsp curry paste and some seasoning. Shape into walnut-sized meatballs. Heat the oil in a non-stick frying pan over a medium heat and fry the meatballs for 5 mins, turning until brown all over.

**2** Heat the remaining curry paste in a saucepan over a low heat and fry the onion for about 5 mins until soft – be careful not to burn the paste (add a splash of water if needed).

**3** Pour in the stock and coconut milk, and bring to the boil. Reduce the heat to low and add the meatballs. Cook for 10 mins, or until the turkey is cooked through and the sauce has thickened slightly. Add the sugar snaps and tomatoes, and cook for another 2 mins. Scatter over the almonds and coriander, if using, then serve with some rice.

**PER SERVING** 258 kcals, fat 11g, saturates 5g, carbs 7g, sugars 5g, fibre 2g, protein 35g, salt 0.8g

£1.34 per serving

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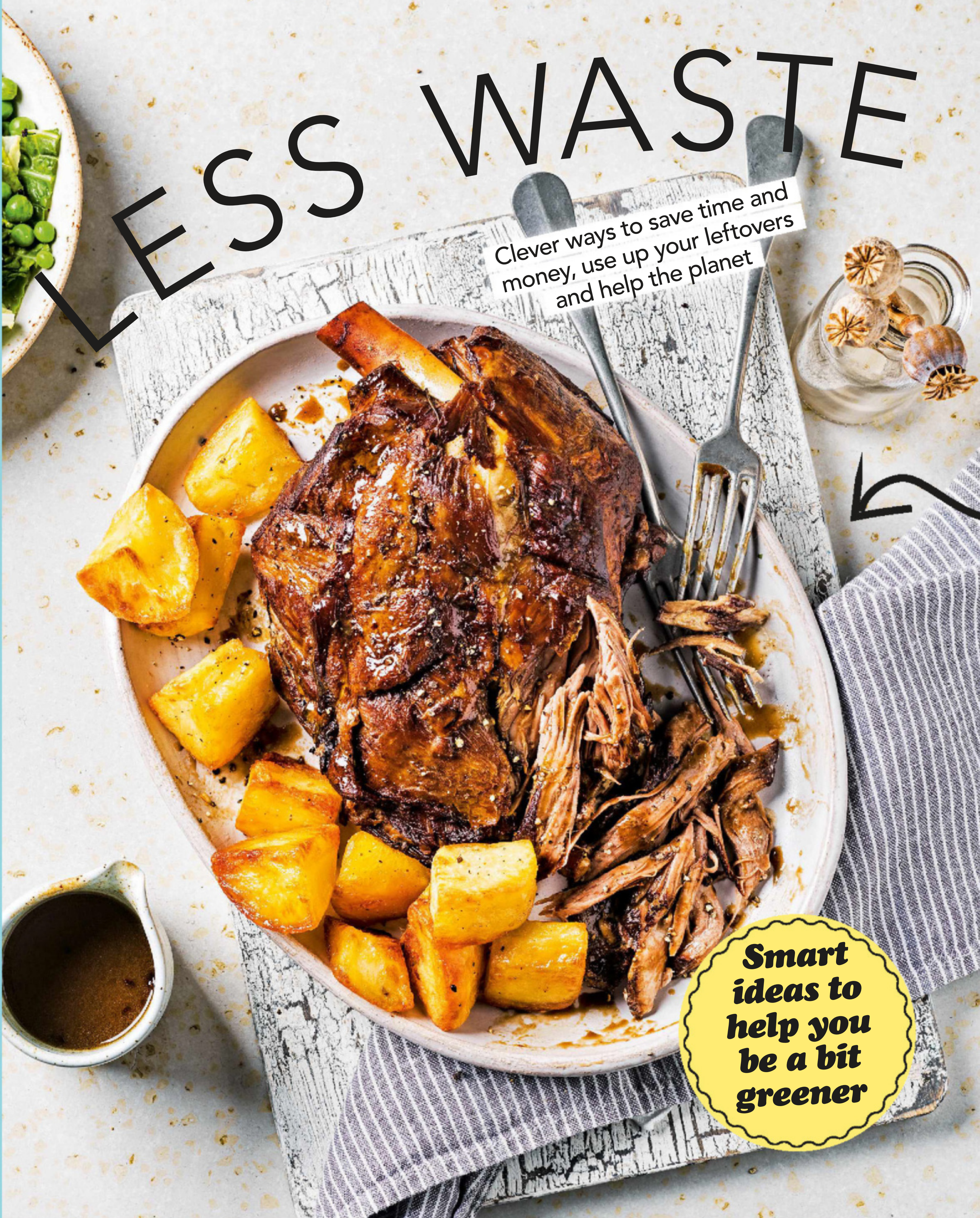
# LESS WASTE

Clever ways to save time and money, use up your leftovers and help the planet



**Smart ideas to help you be a bit greener**

# MORE TASTE

## LOVE ME TENDER

*As well as being energy efficient, using a slow cooker to cook your Easter lamb will enhance flavours and produce tender results. It does the work while you enjoy yourself.*

### Slow cooker lamb shoulder

- Serves 4-6
- Prep 15 mins
- Cook 8 hrs 15 mins

**1.75kg bone-in lamb shoulder**
**2 tsp sunflower oil**
**200ml red wine**
**2 carrots, roughly chopped**
**2 onions, quartered**
**2 celery sticks, roughly chopped**
**2 bay leaves**
**a few rosemary sprigs**
**a few thyme sprigs**
**300ml lamb, chicken or vegetable stock**
**flour or cornflour, for thickening the gravy**
**cooked potatoes and seasonal greens, to serve (optional)**

**1** Pat the lamb dry using kitchen paper, rub the oil all over, then season. Heat a large frying pan over a medium heat and brown the lamb all over – this will take 10-12 mins. Remove from the pan and set aside. Pour the wine into the pan and cook for 1-2 mins to cook off the alcohol. Turn off the heat.
**2** Tip the vegetables and herbs into the slow cooker and sit the lamb on top. Pour in the stock. Cook on high for 6 hrs or on low for 8 hrs, turning halfway.
**3** Remove the lamb and set aside. Sieve the cooking liquid into a bowl (discard the vegetables or eat – they'll be soft but taste great). Thicken the cooking liquid with a little flour or cornflour to make a gravy. Serve with potatoes and greens, if you like.

**PER SERVING** (6) 496 kcals, fat 33g, saturates 15g, carbs 6g, sugars 4g, fibre 2g, protein 36g, salt 0.3g

## Ripe for picking

We're often told about the benefits of eating an avocado – they have twice as much potassium as a banana, are rich in vitamins B and E, and although high in fat, it's monounsaturated fat, which is believed to raise 'healthy' cholesterol levels in the blood and reduce levels of unhealthy fats. The only problem is that often an avocado is too firm to eat, but then it's suddenly gone too far and is overripe. So, don't save them for the weekend, even if they do feel like a luxury – keep an eye on them and use in everyday meals, so you catch them when they're perfectly ripe.

### WE ♥ AVOCADOS…

- **In salads** with black beans, tomatoes, red onion, lime and fresh coriander for a substantial side salad.
- **Mashed on toast for breakfast**, scattered with seasoning or chilli flakes, or topped with a poached egg.
- **Halved and topped** with a favourite dressing as a snack.
- **Made into a smoothie:** blitz 1 small avocado with 2 handfuls of spinach, 50g pineapple, a 10cm piece of cucumber and 300ml water (preferably coconut water). Serves 1.

## WRAP AND ROLL

Want to take a packed lunch to work, but you've run out of bread and wraps? Try this handy recipe. The quantities make one substantial wrap that you can fill and roll up. Beat **2 eggs** with **2 tbsp porridge oats** and a little **chopped parsley** or **coriander**, if you have any. Heat a little **oil** in a 21cm non-stick frying pan over a medium heat and fry the egg mixture for 1 min 30 seconds until almost set, then flip over as you would a pancake. Fry for 30-60 seconds more. If using a **salad** filling, let it cool a little before rolling up. Serves 1.

150
°C
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## Dial to avert disaster

Have you moved house and inherited an ancient, unreliable oven? If you can't be sure what temperature you're cooking at, it can be pretty nerve-racking, with food either not cooking or scorching. If you don't want to splash the cash on a new oven, get yourself an oven thermometer. You can then roast or bake with confidence by cooking to the temperature on the thermometer rather than using the increments on your oven dial.

## FOOD FIGHT:

*Brining is a great way to tenderise tougher, cheaper cuts of meat, but is the best method wet or dry?*

# Chocs away

Having clever cheats available in the freezer is like money in the bank in terms of saving time and effort. And, when it comes to a non-traditional treat over Easter, you can't get much better than churros with hot chocolate sauce. Check out your supermarket's freezer for the churros, then make our simple salted caramel chocolate sauce when you fancy a treat. Put **100g chopped dark chocolate** in a pan with **3 tbsp salted caramel** and **100ml each milk** and **double cream**, and warm gently, stirring until glossy and melted. Add a few pinches of sea salt to taste, depending on the strength of the salted caramel. Pour into pots and serve with the churros.

# Is your bolognese or soup too salty?

*Don't throw it away – milk works wonders if you've been a bit overzealous with the seasoning. Just add a good glug to reduce the saltiness and help to balance the flavours.*

# Wet vs dry brining

## WET BRINING

This method involves submerging the meat in a solution of water, salt, sugar and sometimes other flavourings for hours or even days at a time. The salt in the solution breaks down muscle proteins and can significantly increase the moisture content in the meat. Although this results in a juicier final product, it can come at the expense of the meat's natural flavour.

## DRY BRINING

This process involves rubbing salt and other seasonings over the meat without adding any liquid. The salt helps draw moisture from the surface of the meat, which then dissolves the salt and is reabsorbed back into the meat, carrying it deep into the muscle fibres. The dry brining process not only seasons the meat throughout, but also helps alter the protein structure, making it more tender as a result.

**VERDICT:** While wet brining adds moisture, it can dilute the flavour and lead to a waterlogged texture. It can also prevent the perfect golden-brown crust from forming – plus, it's a lot of effort. Dry brining, however, enhances flavour without adding water. It's simple, takes up less space, requires no special equipment and is less messy, making it the clear winner in the brining battle.

# Gadget genius

Use your air fryer to make a traditional fry-up or classic scones

## Why cook with an air fryer?

Air fryers have become a must-have kitchen gadget because essentially, they are tabletop ovens with the capacity to impart deep-fat fryer taste and texture without the excess fat.

Air fryers cook significantly faster than ovens and use up to 95 per cent less oil than deep-frying without compromising on flavour – they have a lot going for them, especially when it comes to saving calories and energy!

## Air fryer fry-up

*Perfect for lazy weekend mornings, this classic English breakfast includes all the key ingredients: sausages, bacon, mushrooms, beans and an egg muffin.*

■ Serves 1 ■ Prep 15 mins ■ Cook 30 mins

**1 English muffin**
**½ tsp butter, softened**
**200g mushrooms, roughly chopped**
**½ tsp olive oil**
**1 tomato, halved across the middle**
**2 sausages**
**2 hash browns**
**1 egg**
**2 bacon rashers**
**200g can baked beans (optional)**

**1** Heat the air fryer to 180C. Slice the muffin in half and cut a circle out of one half, leaving a 2cm-thick ring. Toast both halves for 5-6 mins in the air fryer, then remove, butter the whole half and press the other half onto it. Set aside.

**2** Put the mushrooms in a bowl and drizzle over the oil. Season with salt and pepper and stir to coat. Tip the mushrooms into the air fryer and cook for 4 mins until beginning to soften. Season the cut halves of the tomato, then put in the air fryer along with the mushrooms and sausages. Cook for 2 mins before adding the hash browns, then cook for another 4 mins.

**3** Meanwhile, crack the egg into a small cup or ramekin. Put the muffin on a plate and pour the egg into the hole on top of the muffin, then set aside.

**4** At this point, your air fryer is likely to be quite full, so spoon the mushrooms on top of the tomatoes to make some room. Put the bacon on top of the sausages, then carefully nestle in the egg muffin. Cook for 8-10 mins. If your air fryer is large enough, pour the beans into a ramekin and nestle in to cook as well. Or, microwave the beans for 2 mins to heat through.

**PER SERVING** 845 kcals, fat 44g, saturates 14g, carbs 61g, sugars 7g, fibre 9g, protein 47g, salt 4.1g

## Air fryer scones

- Makes 6-8
- Prep 10 mins
- Cook 18 mins **VEGETARIAN**

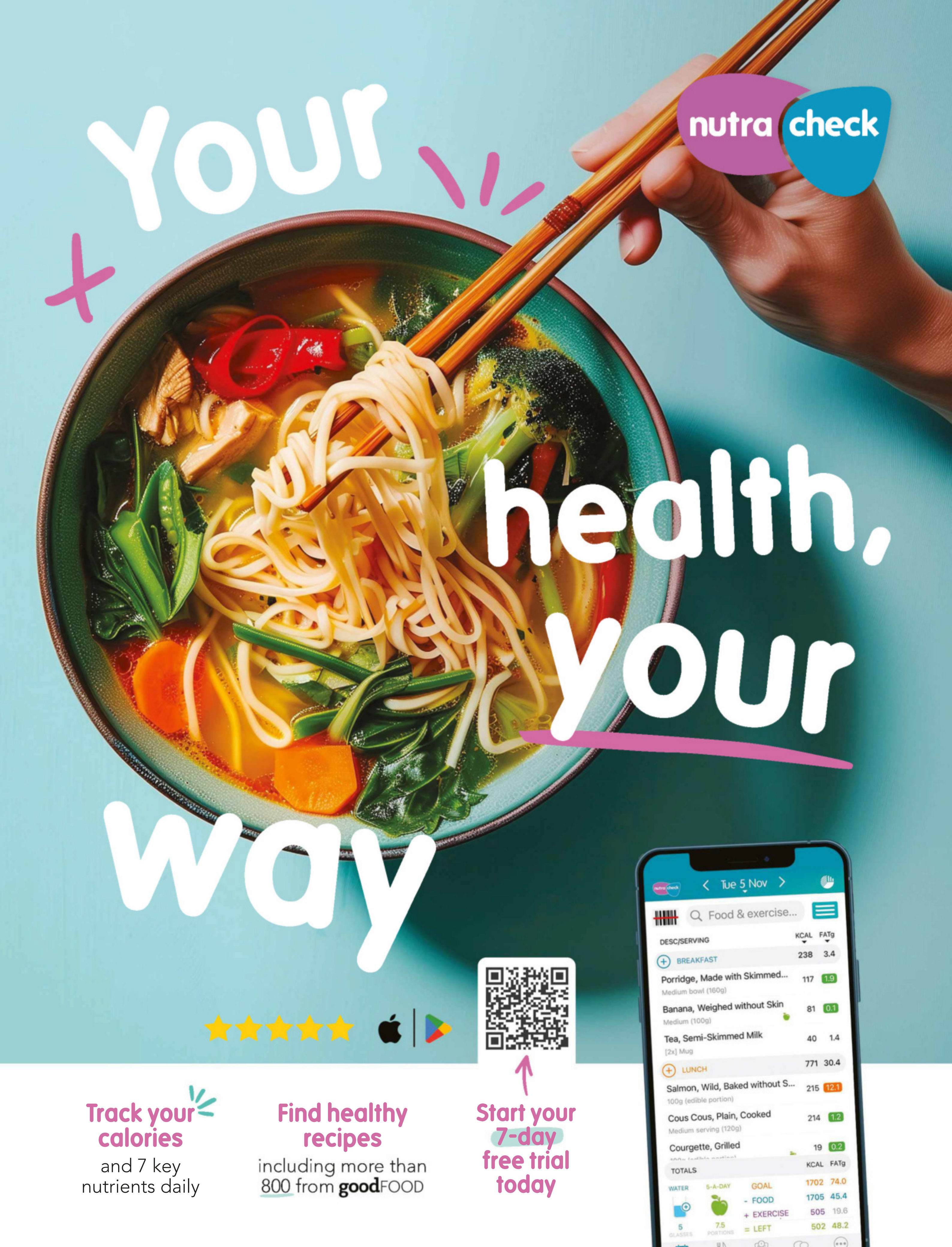
**175g self-raising flour, plus extra for dusting**
**½ tsp baking powder**
**50g butter, cut into small cubes**
**2 tbsp caster sugar**
**½ tsp vanilla extract**
**90ml buttermilk or milk**
**milk, to glaze**
**jam and clotted cream, to serve**

**1** Heat the air fryer to 180C. Combine the flour and baking powder in a bowl with a pinch of salt, then rub in the butter using your fingertips until the mixture resembles breadcrumbs (you can also do this by pulsing the mixture in a food processor).
**2** Fold in the sugar. Mix the vanilla with the buttermilk in a separate bowl or jug, then mix into the flour gradually until you have a soft dough.
**3** Tip the dough onto a work surface dusted with flour. Shape into a ball, then flatten slightly until the dough is around 4-5cm deep. Using a 5cm round dough cutter, cut out the scones – you may need to cut out two or three first, then reshape the dough and cut again. Put in the air fryer basket, brush lightly with milk and bake for 14-18 mins until golden and risen. *Will keep in an airtight container for three days. Warm in the microwave for 30 seconds to soften.* Serve with jam and clotted cream.

**PER SERVING** (8) 153 kcals, fat 6g, saturates 3g, carbs 22g, sugars 6g, fibre 1g, protein 3g, salt 0.5g

## Need to know before you buy

There are a few factors to consider before deciding which air fryer to buy, such how many people you're cooking for, how much space you have and what kind of cooking you plan to do. But, be warned: many people quickly upgrade to large ones once they realise their potential.



Tue 5 Nov

Food & exercise...

| DESC/SERVING | KCAL | FATg |
|---|---|---|
| BREAKFAST | 238 | 3.4 |
| Porridge, Made with Skimmed...<br>Medium bowl (160g) | 117 | 1.9 |
| Banana, Weighed without Skin<br>Medium (100g) | 81 | 0.1 |
| Tea, Semi-Skimmed Milk<br>[2x] Mug | 40 | 1.4 |
| LUNCH | 771 | 30.4 |
| Salmon, Wild, Baked without S...<br>100g (edible portion) | 215 | 12.1 |
| Cous Cous, Plain, Cooked<br>Medium serving (120g) | 214 | 1.2 |
| Courgette, Grilled | 19 | 0.2 |

| TOTALS | KCAL | FATg |
|---|---|---|
| GOAL | 1702 | 74.0 |
| - FOOD | 1705 | 45.4 |
| + EXERCISE | 505 | 19.6 |
| = LEFT | 502 | 48.2 |

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# Egg-cellent ideas

These recipes are all they're cracked up to be – light, delicious and quick to make, too!

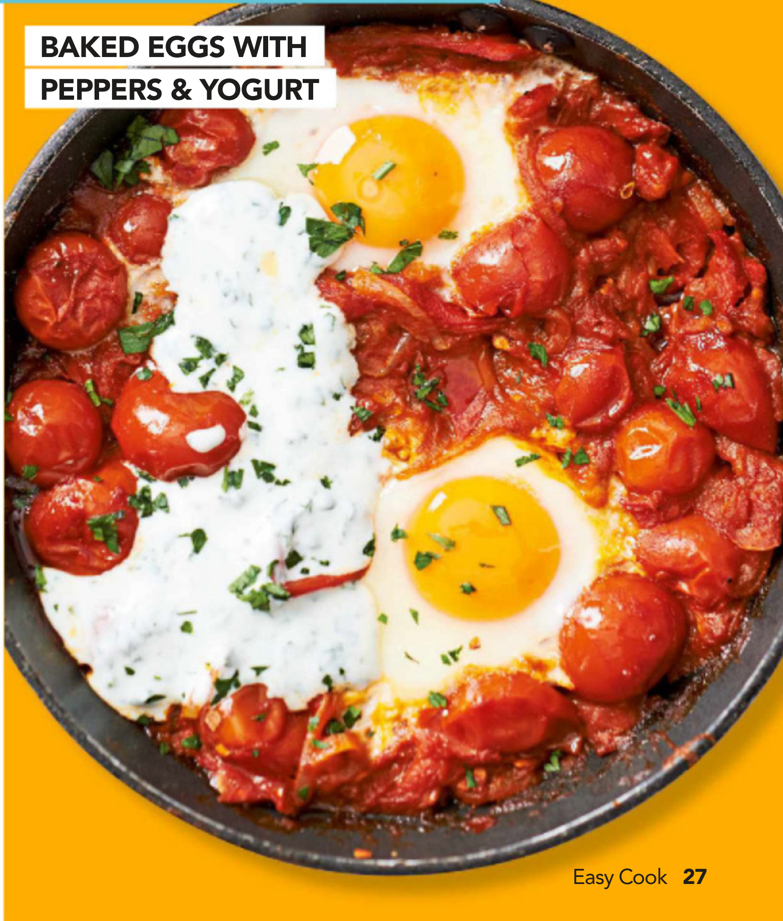
**Cut out & keep**

**FRIED EGGS WITH CHILLIES, BEANS & RICE**

**SALMON & SOFT-BOILED EGG SALAD**

**EGGS FLORENTINE**

**BAKED EGGS WITH PEPPERS & YOGURT**



## Salmon & soft-boiled egg salad

*Yogurt and mayonnaise make a creamy but low-fat dressing.*

- Serves 2
- Prep 10 mins
- Cook 8 mins

**½ lemon, juiced**
**3 eggs**
**100g smoked salmon**
**2 large handfuls of watercress**
**brown bread, to serve**
**FOR THE DRESSING**
**2 tbsp natural yogurt**
**1 tbsp light mayonnaise**
**1 tsp wholegrain mustard**
**1 tbsp chopped dill**
**1 tbsp chopped tarragon**

**1** To make the dressing, mix all the ingredients and season well. Add the lemon juice. Cook the eggs in boiling water for 8 mins, then cool under cold water.
**2** Arrange the salmon and watercress on two plates. Peel and quarter the eggs, then add these to the plates. Give the dressing another mix and drizzle over. Serve with brown bread.

**PER SERVING** 233 kcals, fat 13g, saturates 3.5g, carbs 3g, fibre 0.7g, protein 24g, salt 3.2g

## Fried eggs with chilli, beans & rice

*Brown rice and lots of vegetables make for a light but filling meal.*

- Serves 2
- Prep 10 mins
- Cook 15 mins VEGETARIAN

**olive oil spray**
**1-2 red chillies, shredded**
**4 spring onions, finely shredded**
**1 garlic clove, finely chopped**
**small chunk of ginger, peeled and shredded**
**2 carrots, peeled and julienned**
**200g brown basmati rice**
**50g green beans, cut into 3cm pieces and blanched**
**1 tbsp soy sauce**
**1 tbsp tamarind paste mixed with 1 tbsp water**
**½ small bunch of coriander, chopped**
**2 eggs**

**1** Heat a spray of oil in a large non-stick pan or wok. Cook the chillies, spring onions, garlic, ginger and carrots for 3-4 mins. Tip in the rice and beans and cook for another 2 mins. Add the soy sauce and tamarind paste and stir through, then tip in most of the coriander.
**2** Heat a spray of oil in a non-stick pan and fry the eggs. Divide the rice between two bowls and top with an egg and the remaining coriander.

**PER SERVING** 265 kcals, fat 7.4g, saturates 1.9g, carbs 35g, fibre 6.2g, protein 11g, salt 1.6g

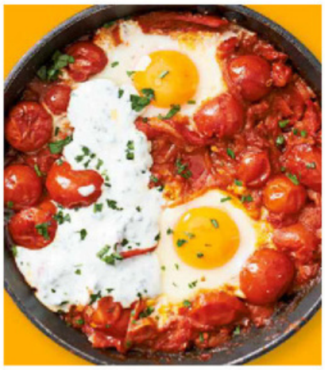
## Baked eggs with peppers & yogurt

*Tomatoes and peppers bring plenty of flavour to this dish without adding any extra fat.*

- Serves 2
- Prep 10 mins
- Cook 25 mins VEGETARIAN

**2 tsp olive oil**
**1 onion, halved and sliced**
**pinch of chilli flakes**
**4 pieces roasted red peppers from a jar, sliced**
**1 tsp paprika**
**400g can cherry tomatoes**
**2 eggs**
**4 tbsp natural yogurt**
**½ small garlic clove, crushed**
**handful of parsley, roughly chopped**
**crusty bread, to serve**

**1** Heat the oil in an ovenproof frying pan and cook the onion until soft. Add the chilli flakes, peppers, paprika and tomatoes with their juices, and simmer for 10 mins.
**2** Heat the oven to 180C/160C fan/gas 4. Make two dents in the sauce and crack an egg into each. Bake in the oven for 10 mins. Meanwhile, mix the yogurt with the garlic and parsley in a bowl, then season. Serve the baked eggs with the yogurt and some crusty bread.



**PER SERVING** 195 kcals, fat 10g, saturates 2.6g, carbs 14g, fibre 3.4g, protein 11g, salt 0.5g

## Eggs florentine

*This recipe includes a lighter cheese sauce made with half-fat crème fraîche for a healthier take on this timeless dish.*

- Serves 2
- Prep 10 mins
- Cook 10 mins VEGETARIAN

**200g spinach**
**1 wholemeal muffin, halved**
**1 tsp softened butter**
**4 tbsp half-fat crème fraîche**
**1 tbsp grated parmesan or vegetarian alternative**
**2 tbsp grated gruyère or vegetarian alternative**
**2 eggs, poached, to serve**
**grating of nutmeg, to serve**

**1** Wilt the spinach with a splash of water in a pan. Toast the muffin, then butter it lightly.
**2** Heat the crème fraîche in a small pan and whisk in the parmesan and gruyère to make a sauce. Season.
**3** Top the muffin with some of the spinach, then sit a poached egg on top. Spoon over a little of the sauce and finish with a sprinkling of nutmeg.

**PER SERVING** 325 kcals, fat 20g, saturates 10g, carbs 15g, fibre 6.6g, protein 19g, salt 0.4g

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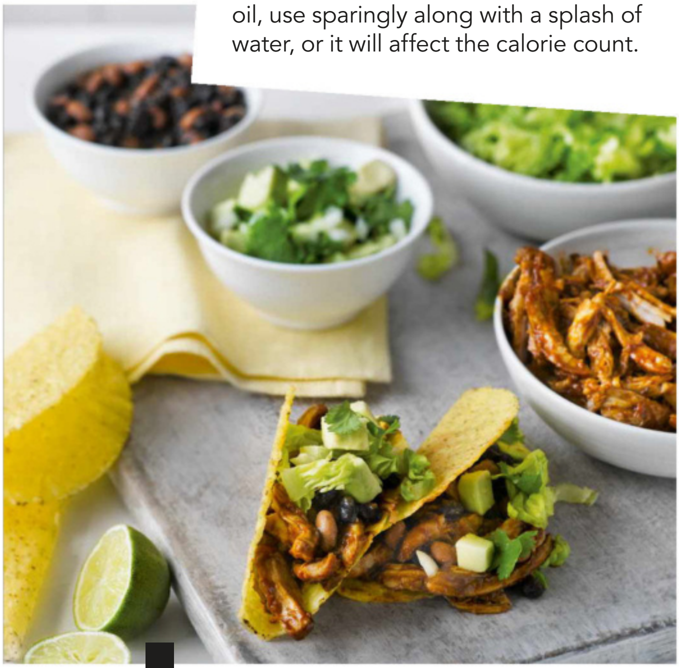
# A week of low-cal meals

5

Give midweek dinners a healthy makeover with these nutritious recipes – each one is 500 calories or less per person

## Cut down on oil

We often use more oil than we need when cooking, and this can hike up the calories. Where oil is needed in these recipes, we've used a **1-cal oil spray** – a mixture of oil and water – to achieve the 500-calorie limit. If you use regular oil, use sparingly along with a splash of water, or it will affect the calorie count.



## Veggie kofta pittas with pick & mix sides

■ Serves 6 ■ Prep 20 mins ■ Cook 30 mins VEGETARIAN

**1-cal oil spray, for frying**
**2 onions, chopped**
**2 garlic cloves, crushed**
**2 x 400g cans chickpeas, drained**
**100g fresh brown breadcrumbs**
**1 egg**
**2 tsp each ground cumin and ground coriander**
**1 lemon, zested and juiced, plus extra wedges to serve**
**85g baby spinach**
**toasted pittas, to serve**
**175g fat-free natural or Greek-style yogurt, to serve**
**pickled chillies or jalapeños, to serve (optional)**
**FOR THE SALAD**
**200g carrots, coarsely grated**
**200g tomatoes, diced**
**½ red onion, finely chopped**
**2 tbsp red wine vinegar**
**1 tsp sugar**

**1** Mist a non-stick pan with oil spray, add a splash of water and cook the onions and garlic until very soft. Tip into a food processor along with the chickpeas, breadcrumbs, egg, spices, lemon zest and juice and plenty of seasoning. Blitz until fairly smooth, then add 30g spinach and pulse to finely chop. Form into 12 sausage-shaped koftas, then put on a baking tray lined with baking parchment and chill until firm. Heat the oven to 200C/180C fan/gas 6.

**2** Mist the koftas a few times with the oil spray. Bake for 20-25 mins until golden. Meanwhile, mix the ingredients for the carrot salad in a bowl with some seasoning. Put the remaining spinach in a bowl and warm the pittas following pack instructions.

**3** Serve the koftas with the warm pittas, spinach, carrot salad, yogurt and pickled chillies, if you like.

**PER SERVING** 421 kcals, fat 5g, saturates 1g, carbs 70g, sugars 10g, fibre 10g, protein 18g, salt 1.7g

■ Low in fat & calories
■ Rich in fibre
■ 2 of 5-a-day

## Creamy cod chowder stew

■ Serves 2 ■ Prep 10 mins ■ Cook 20 mins

**200g floury potatoes, cubed**
**200g parsnips, cubed**
**140g skinless cod fillet**
**140g skinless undyed smoked haddock fillets**
**500ml semi-skimmed milk**
**¼ small bunch of parsley, leaves picked and finely chopped, stalks reserved**
**6 spring onions, whites and greens separated, both finely chopped**
**2 tbsp plain flour**
**1 lemon, zested and juiced**
**2 tbsp chopped parsley**
**crusty wholemeal bread, to serve**

**1** Cook the potatoes and parsnips in a pan of boiling water for about 4 mins until almost tender. Drain well.

**2** Meanwhile, put the fish in a pan they fit snugly into, but don't overlap. Cover with the milk, poke in the parsley stalks and bring to a simmer. Cover the pan, turn off the heat and leave to stand for 5 mins. Lift the fish out and break into large chunks. Discard the parsley stalks, but reserve the milk.

**3** Put the spring onion whites, reserved milk and flour in a pan. Bring to a simmer, whisking continuously until the sauce is thick and smooth. Reduce the heat, add the drained potatoes and parsnips, the lemon zest and half the juice, and cook gently for 5 mins, stirring occasionally. Stir in the spring onion greens, fish and chopped parsley, and taste for seasoning – it will need lots of pepper, some salt and maybe the rest of the lemon juice. Sprinkle over the parsley leaves, then divide between shallow bowls and serve with crusty bread.

**PER SERVING** 443 kcals, fat 6g, saturates 3g, carbs 53g, sugars 16g, fibre 10g, protein 39g, salt 1.9g

■ Low in fat & calories
■ Good source of vitamin C, calcium & folate
■ Rich in fibre

- Low in fat & calories
- Good source of vitamin C, folate & iron
- Rich in fibre

## Spicy duck with sticky pineapple rice

■ Serves 2 ■ Prep 20 mins plus marinating and steaming ■ Cook 15 mins

**2 duck breasts, skin removed and discarded**
**1 tbsp Thai red curry paste**
**1 lime, zested and juiced, plus extra wedges to serve**
**140g jasmine rice**
**125ml light coconut milk**
**140g frozen peas**
**50g beansprouts**
**½ red onion, diced**
**100g fresh pineapple, cubed**
**1 red chilli, deseeded and finely chopped**
**¼ small bunch of coriander, leaves picked and roughly chopped, stalks finely chopped**

**1** Put a duck breast between two sheets of baking parchment on a chopping board. Use a rolling pin to bash it to ½cm thick. Repeat with the other breast, then put both in a dish. Mix the curry paste with the lime zest and juice, and rub all over the duck. Leave to marinate for 20 mins.

**2** Meanwhile, tip the rice into a small saucepan with some salt. Pour over the coconut milk and 150ml water. Bring to a simmer, then cover the pan, reduce the heat to low and cook for 5 mins. Stir in the peas, then cover, turn the heat off and leave for another 10 mins. Check the rice – all the liquid should be absorbed and the rice cooked through. Put the beansprouts and red onion in a colander, and pour over a kettleful of boiling water. Stir the beansprouts and onion into the rice with the pineapple, chilli and coriander stalks, adding more salt if needed, then put the lid back on to keep warm.

**3** Heat a griddle pan to high and cook the duck for 1-2 mins on each side or until cooked to your liking. Slice the duck, stir most of the coriander leaves through the rice using a fork to fluff it up, and serve alongside the duck, scattered with the rest of the coriander.

**PER SERVING** 500 kcals, fat 9g, saturates 4g, carbs 63g, sugars 10g, fibre 7g, protein 37g, salt 0.6g

## Pulled chicken

- Serves 6
- Prep 20 mins
- Cook 1 hr 30 mins

**8 bone-in chicken thighs, skin removed and discarded, and trimmed of any large pieces of fat**
**2 tbsp chipotle paste**
**250ml passata**
**75g barbecue sauce**
**1 onion, chopped**
**3 limes, juiced, plus extra wedges to serve (optional)**
**2 x 400g cans black beans, drained and rinsed**
**215g can refried beans**
**8-12 tacos or rice, to serve**
**1 small ripe avocado, diced**
**½ small bunch of coriander, leaves picked**
**3 Little Gem lettuces, shredded**

**1** Heat the oven to 180C/160C fan/gas 4. Rub the chicken with 1 tbsp chipotle paste and some seasoning. Mix the remaining chipotle paste with the passata, barbecue sauce, 100ml water and half the onion. Spoon the sauce into a roasting tin that will fit the chicken snugly in a single layer, and add the chicken. Cover tightly and bake for 1 hr, then uncover, turn up to 200C/180C fan/gas 6 and bake for another 20 mins.
**2** Meanwhile, mix the remaining onion with the lime juice and some salt, and set aside. Mix all the beans in a saucepan with 100ml water.
**3** When the chicken is really tender, use two forks to shred the meat into the sauce (discard the bones). Keep covered while you heat the beans for 5-10 mins until piping hot and not too wet, and warm the tacos following pack instructions. Stir the avocado and coriander leaves into the lime mixture.
**4** Serve the pulled chicken and beans with shredded lettuce and tacos, plus lime wedges to squeeze over, if you like. Top with a spoonful of the avocado salsa.

**PER SERVING** 353 kcals, fat 13g, saturates 3g, carbs 25g, sugars 10g, fibre 10g, protein 29g, salt 1.2g

- Low in fat & calories
- Rich in fibre

## Ham & potato hash with baked beans & healthy 'fried' eggs

■ Serves 4 ■ Prep 10 mins ■ Cook 30 mins

**600g potatoes, diced**
**1-cal oil spray**
**2 leeks, trimmed and sliced**
**175g lean ham (weighed after trimming and discarding any fat), chopped**
**2 tbsp wholegrain mustard**
**5 eggs**
**2 x 415g cans reduced sugar and salt baked beans**

**1** Boil the potatoes in a pan of salted water for 5 mins until just tender. Drain and leave in the colander to steam-dry.

**2** Meanwhile, mist an ovenproof pan with oil spray. Tip in the leeks with a splash of water and fry until very soft. Add a few more sprays of oil to the pan, then tip in the potatoes and the ham, and fry until crisped up a little. Heat the oven to 200C/180C fan/gas 6.

**3** Add the mustard and 1 egg along with a good amount of seasoning. Stir it through with a fork, breaking up some of the potatoes roughly. Flatten down the potato mixture, spray the top with oil, and bake for 15-20 mins until the top has turned crispy.

**4** When the hash is nearly ready, heat 200ml water in a non-stick frying pan with a lid (or use a baking sheet as a lid). When steaming (but before it simmers), crack in the remaining eggs and cover. Cook for 2-4 mins until the eggs are done to your liking. Meanwhile, heat the beans in a saucepan.

**5** Lift an egg onto each plate, add a big scoop of hash and spoon on some beans.

**PER SERVING** 499 kcals, fat 15g, saturates 4g, carbs 49g, sugars 10g, fibre 13g, protein 37g, salt 3.6g

■ Low in fat & calories
■ Good source of fibre & folate

## Chorizo & red pepper quesadillas

Mix **50g grated mozzarella** with **50g chopped chorizo**, **1 chopped roasted red pepper** from a jar and a **handful of chopped coriander**. Toss and season, then spread over **1 flour tortilla**. Top with another tortilla and fry for 2-3 mins on each side until the cheese melts. Cut into wedges.

## Sweet potato & feta quesadillas

Prick **1 small sweet potato** all over using a fork, then microwave for 8-10 mins, or until tender. Peel and cut into 1cm-thick rounds. Mix **2 tsp chipotle paste** with **1 tbsp mayonnaise**, and spread over **2 flour tortillas**. Sprinkle **50g crumbled feta** over one tortilla, followed by the sweet potato and some **chopped rosemary**. Top with the other tortilla, then slide into a hot non-stick frying pan. Cook for 2-3 mins, then flip and cook on the other side until the cheese is melting and the filling is hot. Cut into wedges.

Each recipe serves 2 as a snack

# Stack

## Smoky bean, cheese & spinach quesadillas

Heat a little **olive oil** in a pan, then tip in **2 chopped spring onions**. Cook until soft, then stir in **¼ tsp ground cumin** and **¼ tsp smoked paprika**. Add **¼ can drained kidney beans** and **2 handfuls of chopped spinach**, and cook until the spinach is wilted (turn up the heat to cook off any liquid). Grate **50g smoked cheese** and sprinkle half over **1 flour tortilla**. Spread the bean mixture over the tortilla, then sprinkle over the rest of the cheese. Top with another tortilla and slide into a hot non-stick frying pan. Cook for 2-3 mins, then flip and cook on the other side until the cheese is melting and the filling is hot. Cut into wedges and serve.

## Breakfast quesadillas

Heat a **knob of butter** in a pan, tip in **2 beaten eggs** and stir until scrambled. Slice **½ avocado** and scatter it over **1 flour tortilla**. Top with the scrambled eggs, **4 chopped cherry tomatoes**, **25g grated cheddar** and **2 chopped pickled jalapeños**. Top with another tortilla, then slide into a hot non-stick frying pan. Cook for 2-3 mins, then flip and cook on the other side until the cheese is melting and the filling is hot. Cut into wedges before serving.

# 'em up

Get inventive with these finger-licking filling ideas for quesadillas

# Just the one

Home alone? Whether you're cooking for lunch or dinner, these easy, speedy solo suppers are sure to satisfy

## Egg & avocado open sandwich

■ Serves 1 ■ Prep 10 mins ■ Cook 10 mins VEGETARIAN

**2 eggs**
**1 ripe avocado**
**1 lime, juiced**
**2 slices rye bread**
**2 tsp hot chilli sauce**
**handful of watercress, to serve**

**1** Bring a medium pan of water to the boil. Tip in the eggs and cook for 8-9 mins until hard-boiled. Meanwhile, halve the avocado and scoop out the flesh into a bowl. Add the lime juice, season well and mash using a fork.
**2** When the eggs are cooked, rinse under cold running water for 2 mins before peeling. Spread the avocado over the bread. Slice the eggs into thin rounds and put on top of the avocado. Drizzle some chilli sauce over the eggs, scatter over the watercress and season with freshly ground black pepper.

**PER SERVING** 476 kcals, fat 31g, saturates 7g, carbs 26g, sugars 3g, fibre 7g, protein 19g, salt 1.6g

## Veggie-loaded flatbread

■ Serves 1 ■ Prep 10 mins ■ Cook 15 mins VEGETARIAN

**½ small red onion, sliced into thin wedges**
**2 tbsp olive oil, plus extra to serve**
**70g cherry tomatoes**
**200g can chickpeas, drained**
**1 small garlic clove, crushed**
**½ tbsp tahini**
**½ lemon, zested and juiced**
**1 flatbread**
**30g mixed pitted olives**
**20g feta or vegetarian alternative, crumbled**
**handful of basil, shredded**

**1** Put the onion on a baking tray and drizzle over 1 tbsp oil. Cook under a hot grill for 3-5 mins, turning halfway, then add the tomatoes, season and grill for 5 mins more.
**2** Put the chickpeas in a pan with the garlic and remaining oil and heat for 5 mins, then crush the chickpeas using a potato masher. Stir in the tahini, lemon zest and juice and 2 tbsp water. Season.
**3** Warm the flatbread under the hot grill for 2 mins. Top with the crushed chickpeas, then the tomato mixture. Finish with the olives, feta, basil and a drizzle of oil.

**PER SERVING** 623 kcals, fat 28g, saturates 6g, carbs 64g, sugars 8g, fibre 15g, protein 22g, salt 2g

## Spicy teriyaki prawns & sesame fried rice

■ Serves 1 ■ Prep 5 mins ■ Cook 10 mins

**125g microwaveable brown basmati rice**
**oil, for frying**
**2 baby pak choi, halved**
**2 spring onions, cut into 3cm slices**
**1 egg, lightly beaten**
**1 tbsp toasted sesame seeds, plus extra to serve**
**50g raw king prawns, peeled**
**3 tbsp teriyaki sauce**
**2 tsp chilli sauce**

**1** Microwave the rice for 1 min. Heat a glug of oil in a frying pan over a high heat and fry the pak choi and spring onions for 2 mins. Stir in the egg until scrambled, then add the rice and sesame seeds and cook for 2 mins more, or until piping hot. Set aside.
**2** In another frying pan, heat a glug of oil and fry the prawns for 2 mins. Add the sauces and cook until sticky. Serve with the vegetables, rice and a sprinkling of sesame seeds.

**PER SERVING** 705 kcals, fat 35g, saturates 6g, carbs 62g, sugars 31g, fibre 12g, protein 29g, salt 5.8g

## Easy seafood chowder

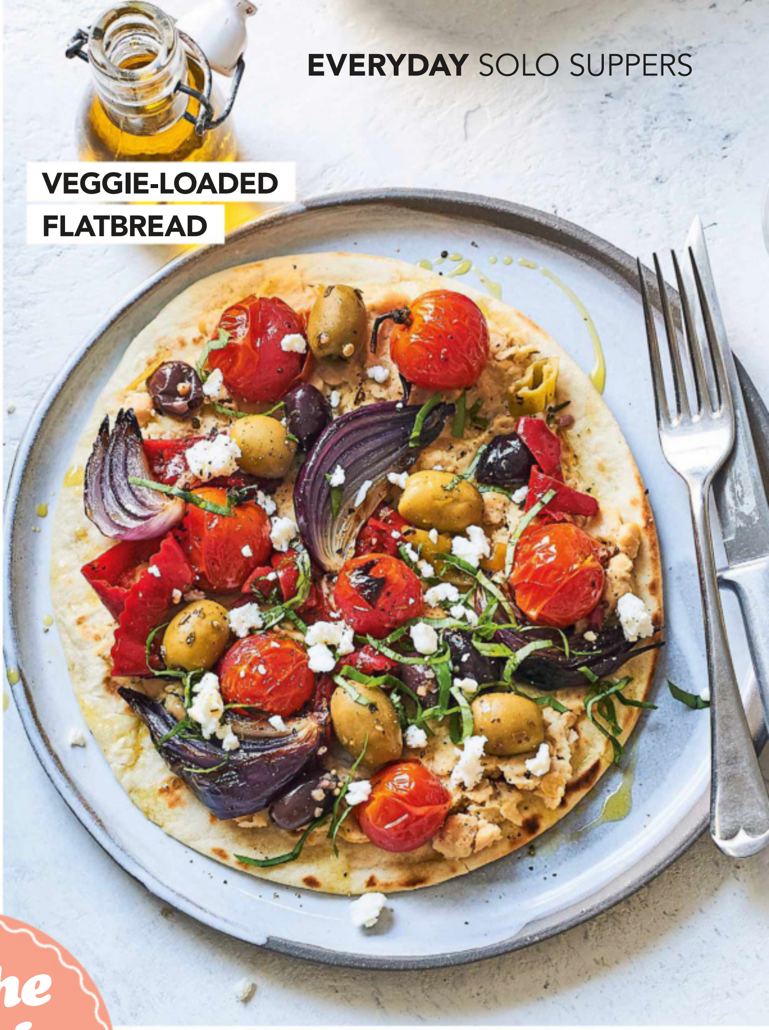
■ Serves 1 ■ Prep 8 mins ■ Cook 20 mins

**150g potatoes, diced**
**½ tbsp vegetable oil**
**1 celery stick, chopped**
**1 shallot, finely chopped**
**1 garlic clove, grated**
**1 tbsp plain flour**
**200ml milk**
**100ml fish stock**
**80g frozen prawns**
**75g sweetcorn and peas**
**1 lemon, zested and juiced**
**½ tbsp roughly chopped flat-leaf parsley**

**1** Put the potatoes in a pan of salted water, bring to the boil, then reduce the heat and simmer for 5-6 mins until just softened. Drain and set aside.
**2** Heat the oil in a saucepan and cook the celery and shallot for 3 mins. Add the garlic and fry for 30 seconds.
**3** Stir in the flour and cook for 1 min. Reduce the heat and add the milk, whisking to make a thick sauce. Stir in the stock and simmer for 2 mins.
**4** Add the prawns, potatoes and veg. Simmer for 5 mins. Tip in the zest and juice, and up to 50ml water if too thick. Add the parsley. Season.

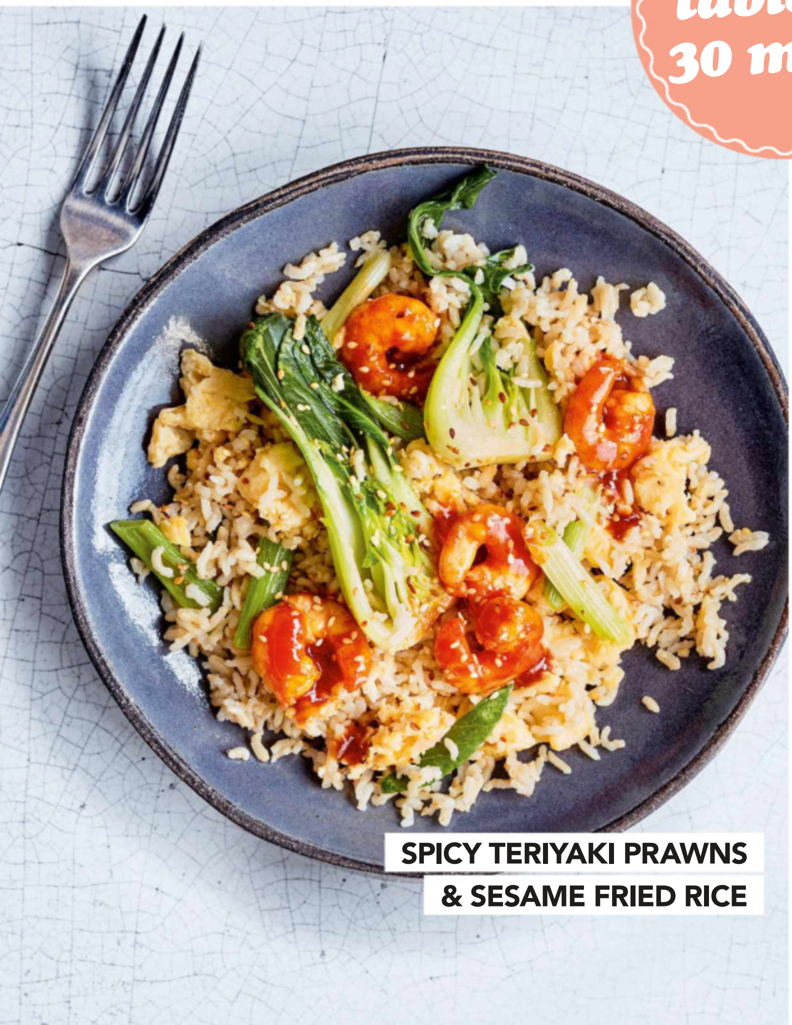
**PER SERVING** 432 kcals, fat 11g, saturates 3g, carbs 52g, sugars 14g, fibre 8g, protein 29g, salt 1g

**EGG & AVOCADO OPEN SANDWICH**



**VEGGIE-LOADED FLATBREAD**

**On the table in 30 mins!**

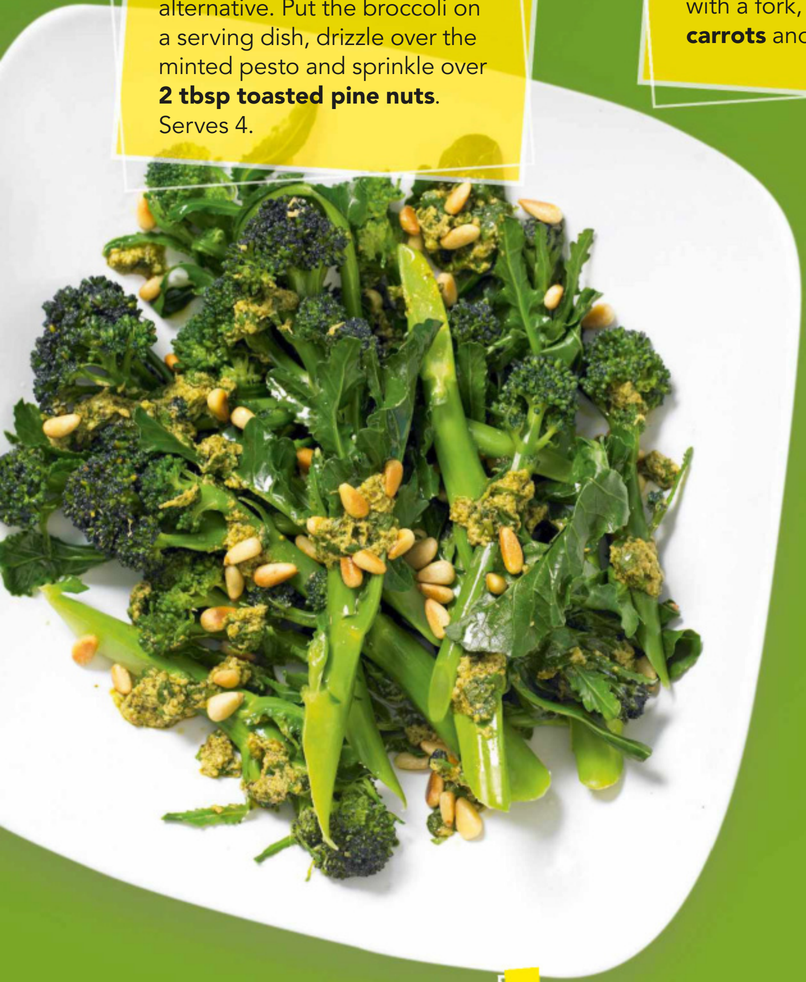


**SPICY TERIYAKI PRAWNS & SESAME FRIED RICE**

**EASY SEAFOOD CHOWDER**

# Pick a side

From spicy tomato rice to buttery, cheesy spinach, these flavourful side dishes will elevate mealtimes to a whole new level



## Herby broccoli

Steam **300g long-stemmed broccoli** for 5-8 mins until tender. Meanwhile, stir a **small bunch of chopped mint** into **145g basil pesto** or vegetarian alternative. Put the broccoli on a serving dish, drizzle over the minted pesto and sprinkle over **2 tbsp toasted pine nuts**. Serves 4.

## Carrot & couscous salad

Put **300g couscous** in a heatproof bowl with **100g raisins**, **1 tsp ground cinnamon** and **2 tsp black mustard seeds**. Pour over 450ml boiling water, then cover and leave for 10 mins. Fluff up with a fork, stir in **400g grated carrots** and season. Serves 6.

*Great with grilled chicken breasts*

## Spiced tomato rice

Put **350g long-grain rice** in a pan with **500ml vegetable stock** and **200ml passata**. Bring to the boil, cover and simmer for 12 mins. Take off the heat, stir in **1 tsp ground cumin** and **1 tsp mild chilli powder**, then cover and rest for 5 mins. Fluff up with a fork and serve scattered with a **handful of chopped flat-leaf parsley**. Serves 4.

## Buttered spinach with feta

Wilt **400g baby leaf spinach** in **25g butter** in a large saucepan over a medium heat for a few minutes. Once wilted, season with **1 tsp grated nutmeg** and stir in **100g crumbled feta** or vegetarian alternative, then serve straightaway. Serves 4.

*Serve with homemade fish fingers*

## Spiced potatoes & soured cream

Boil **800g potatoes** for 5 mins. Meanwhile, heat **1 tbsp olive oil** in a frying pan and gently fry **1 finely chopped onion** for 8 mins. Add **1 finely chopped garlic clove**, **½ tsp mild chilli powder**, **½ tsp paprika**, **1 tsp ground cumin** and **½ tsp cayenne pepper**, and fry for 2 mins more. Drain the potatoes and tip into the onion mixture. Turn up the heat and shake the potatoes around so they are covered. Cook for 10 mins more until tender, then serve with **soured cream** sprinkled with a little cayenne. Serves 4.

## Pea & potato crush

Boil **700g potatoes**, cut into cubes, for 10 mins. Add **140g frozen peas**, cook for 4 mins more, then drain. Mash together lightly with **50ml crème fraîche** and **25g grated parmesan**. Serves 4.

# Midweek veggie winners

Swap meaty mains for **Suzanne Mulholland**'s brilliant vegetarian suppers – they can all be made and frozen ahead, so they're perfect for busy weeknights

## Carrot & onion bhaji burgers

*These crispy bhaji burgers are so delicious, and they take no time at all to make. You can substitute plain flour for gram flour, but I love the nutty flavour gram flour gives. Serve in a bun with salad, vegan yogurt, mango chutney and crispy onions.*

■ Serves 4 ■ Prep 10 mins ■ Cook 30 mins VEGETARIAN FREEZABLE

**2 red onions, finely sliced**
**1 large carrot, grated (wrap in a tea towel and squeeze out as much water as you can)**
**30g coriander, finely chopped**
**2 tsp rogan josh curry paste**
**1 green chilli, finely chopped (optional)**
**1 tsp ginger purée**
**1 tsp garlic purée**
**110g gram flour**
**vegetable oil**

**1** Put the onions, carrot, coriander, curry paste, chilli, 1 tsp salt, the ginger, garlic and flour in a bowl and mix well. Gradually add 80ml cold water, a little at a time, until you have a thick batter that holds together.

**2** Divide the mixture into four equal portions and form into burger patties. Heat the oven to 190C/170C fan/gas 5. Put the burgers on a baking tray lined with baking parchment and drizzle over a little vegetable oil. Bake for 25-30 mins until golden and crisp. (Alternatively, put the burgers in the basket of an air-fryer in a single layer, drizzle over a little oil and cook at 180C for 15 mins until golden and crisp, turning over halfway through.)

Geeta's
PREMIUM MANGO CHUTNEY

## FREEZE AHEAD

*Follow the method until you form the mixture into burger patties, then put in a large, labelled freezerproof bag and freeze flat for up to three months. Bake from frozen for 30-35 mins, or air fry for 16-17 mins.*

## Super greens soup or pasta sauce

*This super-easy grab-and-cook bag allows you to decide whether you fancy turning it into soup or a pasta sauce by simply adjusting the amount of liquid added at the time of cooking. This is fresh, packed full of goodness and totally delicious.*

- Serves 4
- Prep 5 mins
- Cook 10 mins

VEGETARIAN FREEZABLE

**280g frozen peas**
**115g frozen diced onions**
**100g fresh spinach or 4 cubes frozen spinach**
**140g frozen broccoli florets**
**2 tsp frozen chopped garlic**
**large handful of basil**
**1 vegetable stock cube, crumbled**

**1** Put all the ingredients in a saucepan. If you're making soup, add 720ml boiling water. Or, if you're making pasta sauce, add 360ml boiling water.

**2** Bring to the boil, then reduce to a simmer and cook for 8-10 mins until the vegetables are soft. Blend until smooth and season to taste. (Alternatively, tip everything into a slow cooker, adding the amount of water required. Cook for 3 hrs on high or 5 hrs on low.)

### FREEZE AHEAD

*Put all the ingredients in a large, labelled freezerproof bag and seal. Freeze flat for up to three months. Cook from frozen as above.*

## Tomato & herby cheese gnocchi

*This one-pot gnocchi dish is so easy to make, and a great one for the kids. Using a garlic and herb soft cheese is a shortcut to add loads of flavour.*

- Serves 4
- Prep 5 mins
- Cook 15 mins

VEGETARIAN FREEZABLE

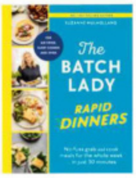
**500g fresh gnocchi**
**500g passata**
**400g can chopped tomatoes**
**handful of basil**
**115g frozen diced onions**
**2 tsp frozen chopped garlic**
**75g garlic and herb soft cheese**
**1 tbsp balsamic vinegar**

**1** Put all the ingredients in a saucepan, mix well and put over a medium heat.

**2** Bring to the boil, then reduce to a simmer and cook for 15 mins, stirring often until the gnocchi are just tender. (Alternatively, put all the ingredients in a slow cooker, cover and cook for 2-3 hrs on high or for 5-6 hrs on low.)

### FREEZE AHEAD

*Put all the ingredients in a large, labelled freezerproof bag and seal. Freeze flat for up to three months. Defrost completely overnight in the fridge, then cook as above.*



Recipes adapted from *The Batch Lady: Rapid Dinners* by Suzanne Mulholland (£22, Ebury Press) and not retested by us. Photographs by Andrew Hayes-Watkins.

# Easter
## *with the Steins*

When it comes to cooking fish, nobody does it better than **Rick Stein** and his son **Jack**. Here, they've created a seafood menu to celebrate Easter – and it's surprisingly easy to make

### MENU FOR 4

**Cantabrian prawn cocktail**

**Grilled miso salmon with rice noodles**

**Floating islands with caramel sauce**

**Perfect for GOOD FRIDAY**

**Grilled miso salmon with rice noodles, p50**

# Cantabrian prawn cocktail

***Rick:*** *Cantabria is the area on the north coast of Spain where every tapas bar (or pintxos bar, as they're known there) has some sort of seafood and mayonnaise dish on offer. I tried this one in the fishing village of Santoña. I've described it as a 'cocktail', because, flavour-wise, that's the easiest way to explain it. But unlike the retro classic, it's served like a salad on a plate rather than in a glass, and is made all the more luxurious by the addition of white crabmeat.*

■ Serves 4 ■ Prep 20 mins ■ No cook

**2 Little Gem lettuce, outer leaves removed and discarded**
**1 small carrot, coarsely grated**
**200g large prawns, cooked and peeled**
**140g white crabmeat**
**2 vine-ripened tomatoes, peeled, deseeded and finely chopped**
**aged balsamic vinegar, Spanish smoked paprika and 4 halved, pitted green olives, to serve**
**FOR THE DRESSING**
**140g mayonnaise**
**1½ tbsp tomato ketchup**
**3 tbsp double cream**
**¾ tsp lemon juice**

**1** For the cocktail dressing, put the mayonnaise, ketchup, cream, lemon juice and a small splash of water in a bowl and mix together well until smooth. Season to taste with salt.
**2** Finely shred the lettuce, combine with the grated carrot and divide between four plates.
**3** Set aside 12 of the prawns, then thickly slice the rest. Stir the sliced prawns into the cocktail dressing with the crabmeat and chopped tomatoes, then spoon into the centre of the salad leaves.
**4** Arrange the whole prawns on top of the salad. To serve, drizzle the balsamic vinegar over the salads, sprinkle over a small pinch of paprika and top each with a halved green olive.

**PER SERVING** 445 kcals, fat 39g, saturates 8g, carbs 7g, sugars 6g, fibre 3g, protein 17g, salt 2g

## Grilled miso salmon with rice noodles

***Rick:*** *It's best if the fish is grilled medium-rare, which is 50C in the centre if you're using a probe thermometer.*

■ Serves 4 ■ Prep 10 mins
■ Cook 20 mins

**4 salmon fillets (about 140g each)**
**sunflower oil, for the baking sheet**
**FOR THE GLAZE**
**2 tsp brown miso paste**
**2 tsp balsamic vinegar**
**2 tsp soy sauce**
**1 tsp Spanish smoked paprika**
**FOR THE NOODLES**
**200g dried rice noodles**
**3 tbsp sunflower oil**
**3 garlic cloves, finely grated**
**25g ginger, peeled and finely grated**
**8 spring onions, sliced**
**2 medium red chillies, thinly sliced**
**100g beansprouts**
**small bunch of coriander, chopped**
**1 tbsp fish sauce**

**1** Cook the noodles in a large pan of boiling water for 3 mins, then drain and rinse under cold water through a sieve. Set aside to drain completely.

**2** Heat the grill to high. To make the glaze, combine the miso paste, balsamic vinegar, soy sauce and paprika, and brush this over the salmon fillets using a pastry brush. Lay the salmon, skin-side down, on an oiled baking sheet and grill for 6-8 mins until just cooked through.

**3** Heat the oil in a wok and stir-fry the garlic, ginger, spring onions and chillies for a couple of minutes until soft, then add the noodles, beansprouts and coriander. Toss everything together until well combined, then turn off the heat. Stir the fish sauce into the stir-fried vegetables and noodles, then pile onto plates and top with the salmon.

**PER SERVING** 566 kcals, fat 28g, saturates 4g, carbs 43g, sugars 2g, fibre 1g, protein 33g, salt 1.6g

## Floating islands with caramel sauce

***Jack:*** *This classic dish is often made by poaching large, fluffy quenelles of meringue in milk at the last minute, but I cook the meringue separately. This makes it much easier to do at home, as you can prepare it a few hours ahead.*

■ Serves 4 ■ Prep 20 mins plus chilling and up to 4 hrs resting
■ Cook 15 mins VEGETARIAN

**FOR THE SAUCE**
**50g caster sugar**
**FOR THE FLOATING ISLANDS**
**2 egg whites**
**drop of vanilla extract**
**50g caster sugar**
**sunflower oil, for the moulds**
**FOR THE CRÈME ANGLAISE**
**500ml whole milk**
**200ml single cream**
**1 vanilla pod**
**4 egg yolks (freeze any extra whites to use in another recipe)**
**75g caster sugar, plus 4 tbsp**
**2 tbsp cornflour**

**1** To make the sauce, put the sugar in a small, heavy-based pan over a high heat and cook for a few minutes until it melts to an amber colour. Remove from the heat and carefully add 3 tbsp water – be careful, as it will spit. Stir until smooth and set aside to cool completely.

**2** Whisk the egg whites and vanilla together to soft peaks, then whisk in the caster sugar until you have a stiff, glossy mix. Oil four ramekins or small pudding moulds, then gently spoon the meringue mixture into a piping bag and half-fill the ramekins. Put in a large, shallow pan or roasting tin and pour boiling water from a kettle into the pan around the ramekins, stopping when the water comes halfway up the ramekins (or before it fills the pan). Cover with a lid or foil, put over a medium heat and bring the water to a simmer. Cook for 4-6 mins, then take the ramekins out of the water. While still warm, run a palette knife around the edge of the meringue. Carefully turn out onto a sheet of baking parchment. Set aside at room temperature for up to 4 hrs until ready to serve.

**3** To make the crème anglaise, put the milk and cream in a large pan. Cut the vanilla pod in half lengthways and scrape the seeds into the pan, then drop in the pod. Bring to the boil, then remove from the heat and cool slightly. Whisk the egg yolks with 75g sugar until pale and creamy. Whisk in the cornflour and 4 tbsp sugar.

**4** Discard the vanilla pod, then add the egg mixture to the warm milk and cream and heat gently for 4-5 mins, stirring continuously until it starts to thicken and coats the back of a spoon. Strain through a sieve into a large jug and cover. Leave to cool, then chill until ready to serve.

**5** To serve, pour a pool of chilled custard into each bowl, then carefully top each with a meringue. Drizzle over the caramel sauce and serve.

**PER SERVING** 534 kcals, fat 21g, saturates 11g, carbs 77g, sugars 70g, fibre none, protein 10g, salt 0.3g

Legendary chef and food writer Rick Stein inspired his son Jack to follow him into the restaurant business. Jack is chef-director of their company's pub in Cornwall, cookery school and restaurant group.

# Big fat Greek Easter

# feast

Entertaining over the holiday weekend? This lavish dinner of tender, slow-roasted lamb has a delicious Greek twist, so get everyone together and tuck in!

**Perfect for EASTER SUNDAY**

## MENU FOR 6

**Giant butter bean stew**

**Greek salad for the table**

**Slow-cooked Greek lamb with lemons, olives & bay**

**Spinach rice**

**Tahini & lemon sauce**

**Honeyed nut & pomegranate pots**

## Giant butter bean stew

■ Serves 6 ■ Prep 30 mins ■ Cook 1 hr VEGETARIAN

**4 x 235g cans butter beans or 500g dried (see tip, below)**
**100ml Greek extra virgin olive oil**
**3 small red onions, finely sliced**
**2 large carrots, finely sliced**
**3 celery stalks, finely chopped**
**4 sundried tomatoes, sliced**
**1kg ripe tomatoes, skinned, deseeded and finely chopped**
**4 garlic cloves, chopped**
**1 tsp paprika**
**1 tsp ground cinnamon**
**2 tbsp tomato purée**
**1 tsp sugar**
**small bunch of flat-leaf parsley, finely chopped**
**small bunch of dill, finely chopped**
**100g feta (optional), crumbled**

**1** Drain the beans, reserving 200ml of the liquid. Heat the oil in a large flameproof casserole and cook the onions, carrots and celery until tender and the onions are transparent. Stir in the remaining ingredients, reserving half the herbs and feta, if using.
**2** Heat the oven to 180C/160C fan/gas 4. Cook over a gentle heat for 5 mins, then pour over the reserved liquid. Cover and bake for 40 mins.
**3** Remove the lid for the last 10 mins and add a little water if the beans are drying out. Stir in the rest of the herbs, season, then add the rest of the feta.

**PER SERVING** 315 kcals, fat 43g, saturates 11g, carbs 28g, sugars 1g, fibre 4g, protein 59g, salt 1.8g

### Using dried beans

Dried beans have a firmer texture than canned ones, and are inexpensive. First soak them in cold water, ideally for 12 hours, changing the water frequently. Drain, put in a pan and cover with cold water. Bring to the boil (don't salt the water, as this makes them tough), skimming off sediment as it rises to the surface. Change the water and bring to a simmer. Cover and cook for 1-1½ hrs until tender, then drain.

## Slow-cooked Greek lamb with lemons, olives & bay

■ Serves 6 ■ Prep 20 mins plus resting ■ Cook 4 hrs 30 mins

**1 garlic bulb, separated into cloves, half peeled and sliced, half unpeeled**
**8-10 fresh bay leaves**
**3 lemons, cut into quarters lengthways**
**2½kg leg of lamb**
**50ml Greek extra virgin olive oil, plus 4 tbsp for the potatoes**
**1 tsp ground cinnamon**
**1kg large waxy potatoes, peeled and quartered lengthways**
**140g Greek Halkidiki olives or other large, pitted green olives**
**125ml red or dry white wine**
**tahini & lemon sauce, to serve (see recipe, right)**

**1** Heat the oven to 220C/200C fan/gas 7. Arrange the unpeeled garlic cloves, three bay leaves and the lemons in a roasting tin. Cover with 200ml cold water. Sit the lamb on top and rub all over with the oil.
**2** Using a sharp knife, cut small incisions in the lamb skin. Tuck the remaining peeled and sliced garlic and bay into the slits. Season and sprinkle over the cinnamon. Cover tightly with foil and put in the oven. Immediately reduce the heat to 150C/130C fan/gas 2.
**3** Cook for 4 hrs, skimming the fat from the juices. Remove the foil for the final 30 mins of cooking.
**4** After 1 hr, put the potato wedges in a large roasting tin, coat in 4 tbsp oil and season well. Roast in the oven with the lamb for 1½-2 hrs.
**5** Remove the tin from the oven. Wrap the lamb tightly in foil and leave to rest for 20-30 mins. Remove the potatoes from the tin and keep warm, then add the olives and wine to the pan juices, and simmer to make a gravy. Serve the lamb thickly sliced with the gravy, olives and potatoes, along with tahini & lemon sauce on the side (see recipe, opposite).

**PER SERVING** 740 kcals, fat 43g, saturates 11g, carbs 28g, sugars 1g, fibre 4g, protein 59g, salt 1.8g

## Spinach rice

■ Serves 6 ■ Prep 20 mins
■ Cook 45 mins VEGETARIAN

**100ml Greek extra virgin olive oil**
**1 onion, finely chopped**
**500g baby spinach leaves, finely chopped**
**bunch of dill, finely chopped**
**300g long-grain rice**
**1-2 lemons, juiced**

**1** Heat the oil in a large pan and cook the onion until softened but not coloured. Add the spinach and half the dill. Cook over a high heat, stirring regularly until the spinach has wilted and all the liquid has evaporated.
**2** Stir in the rice and add 600ml water, then bring to the boil. Reduce the heat to a gentle simmer, cover the pan with and cook for 25-30 mins, or until the riceis cooked and absorbed all the water. Stir after 15 mins to ensure even cooking, adding a drop more water if needed.
**3** When the rice is cooked, stir in the remaining dill, season well and squeeze over the lemon juice to taste.

**PER SERVING** 519 kcals, fat 36g, saturates 5g, carbs 37g, sugars 37g, fibre 7g, protein 8g, salt 0.6g

## Tahini & lemon sauce

■ Serves 6 ■ Prep 10 mins plus chilling ■ No cook VEGETARIAN

**4 large garlic cloves**
**3 tbsp tahini paste**
**2 lemons, juiced**
**pinch of paprika, to garnish**
**1 tbsp olive oil (optional)**

**1** Crush the garlic with a good pinch of sea salt using a pestle and mortar or garlic press. Whisk in the tahini paste.
**2** Keep whisking as you slowly add the lemon juice – the tahini will lighten in colour and thicken. Taste and, if happy with the flavour, loosen slightly with a few teaspoons of water. If you prefer it more tangy, whisk in more lemon juice. Chill for 30 mins-1 hr. To serve, sprinkle with paprika and drizzle with oil, if you like.

**PER SERVING** 84 kcals, fat 8g, saturates 1g, carbs 1g, sugars none, fibre 1g, protein 2g, salt none

## Greek salad for the table

Combine **rocket** with **chopped parsley**, **coriander**, pitted **black olives**, **sliced red onion**, **cucumber** and **chopped tomatoes**. Dress with **olive oil** and **lemon juice**, then sprinkle with **feta**.

## Honeyed nut & pomegranate pots

*The ingredients used in these sweet dessert pots are all things you would find in Greece – we've added shredded wheat to echo kataifi pastry.*

■ Serves 8 ■ Prep 20 mins plus at least 2 hrs chilling ■ No cook
VEGETARIAN

**85g shredded wheat, crushed**
**200g pistachios, chopped**
**100g honey**
**½ orange, juiced**
**300ml double cream**
**125g Greek-style yogurt**
**2 tsp rosewater**
**100g pomegranate seeds**

**1** Combine the shredded wheat, nuts, 50ml honey and the orange juice, then divide between eight glasses or cups.
**2** Whip the cream to soft peaks. Fold in the yogurt, rest of the honey and the rosewater. Divide between the cups. Chill for at least 2 hrs, or up to 24 hrs. Top with the pomegranate to serve.

**PER SERVING** 424 kcals, fat 33g, saturates 15g, carbs 25g, sugars 15g, fibre 4g, protein 9g, salt 0.1g

# Veggie delights

MEAT-FREE celebration

Embrace plant power this Easter with our tempting menu of vegetarian treats

## VEGETARIAN MENU FOR 8

**Luxury hummus**

**Veggie spiral pie with spiced tomato sauce & chopped salad**

**Rhubarb ripple semifreddo**

**Veggie spiral pie with spiced tomato sauce & chopped salad, p58**

Luxury hummus, p58

## Veggie spiral pie with spiced tomato sauce & chopped salad

■ Serves 8-10 ■ Prep 50 mins plus cooling ■ Cook 1 hr 10 mins VEGETARIAN

**1 tbsp cumin seeds**
**1 tbsp coriander seeds**
**3 tbsp olive or rapeseed oil**
**2 onions, halved and thinly sliced**
**100g green lentils**
**300g basmati rice**
**4 garlic cloves, crushed**
**grating of nutmeg**
**½ tsp ground turmeric**
**½ tsp allspice**
**400g spinach**
**small bunch of dill, finely chopped**
**small bunch of parsley, finely chopped**
**small bunch of mint, finely chopped**
**2 lemons, zested, 1 juiced**
**200g feta or vegetarian alternative**
**2 x 270g packs filo pastry (12 sheets in total)**
**100g butter, melted**
**1 egg, beaten**
**1 tsp black or white sesame seeds**
**Greek-style yogurt, to serve (optional)**
**FOR THE SAUCE**
**2 x 400g cans chopped tomatoes**
**1 tbsp red wine vinegar**
**2 tsp sugar**
**1 tsp ground cinnamon**
**2 tbsp olive oil**
**FOR THE SALAD**
**1 cucumber**
**1 onion, finely chopped**
**2 large tomatoes, finely chopped**
**handful of parsley, chopped**
**1 tbsp red wine vinegar**
**2 tbsp extra virgin olive oil**

**1** Heat a large saucepan over a medium heat and toast the cumin and coriander seeds for a few minutes until fragrant and a shade darker, then crush to a fine powder using a pestle and mortar. Add the oil to the pan, then tip in the onions and cook slowly for 15-20 mins until golden and caramelised. Meanwhile, bring two pans of water to the boil. Add the lentils to one pan and cook for 20 mins. Put the rice and a pinch of salt in the other and cook for 5 mins. Drain both and leave the lentils and rice to steam-dry.
**2** Stir the garlic into the onions and cook for 1-2 mins over a low heat. Add the ground spices, grate over half the nutmeg and add the turmeric and allspice.
**3** Put the spinach in a colander in the sink, pour over a kettle of boiling water, then rinse under cold running water. Use your hands to squeeze out as much liquid as possible. Finely chop the spinach and add to the onion mixture with the herbs, lemon zest and juice, the rice, lentils and plenty of seasoning. Leave to cool. Crumble the feta, then stir it through the mixture.
**4** To assemble the pie, you'll need about 1m of free space to work on. Unwrap the filo and cover with a damp tea towel. Working quickly, lay four sheets of filo end to end, running along the length of the work surface, and butter each piece generously, overlapping each sheet by about 10cm. Top with another four sheets, butter well, then repeat with a final three sheets (save the last one to cover any cracks later on).
**5** Spoon the rice filling down the centre of the filo, leaving 5cm free at either end. Brush the egg around the edges and tuck the ends in to cover the filling. Starting from one end, roll the filo over the filling, working your way along until you have a long filo sausage. From one end, start to coil the sausage back on itself – if the pastry cracks, patch over the hole with your reserved filo. When the coil is complete, slide onto a tray lined with baking parchment, brush with the beaten egg and sprinkle over the sesame seeds. *Will keep loosely covered and chilled for up to 24 hrs.*
**6** Heat the oven to 200C/180C fan/gas 6. Bake the pie on the middle shelf of the oven for 45 mins until golden and crisp. Meanwhile, tip all the ingredients for the tomato sauce into a pan, season and bubble for 30 mins until rich and thick.
**7** To make the salad, halve the cucumber through the centre, then cut in half lengthways and chop into small cubes. Tip into a bowl with the remaining ingredients and season well.
**8** Remove the pie from the oven and leave to cool for at least 20 mins before serving with the tomato sauce, salad and a bowl of plain yogurt, if you like.

**PER SERVING** (10) 545 kcals, fat 24g, saturates 10g, carbs 63g, sugars 9g, fibre 6g, protein 17g, salt 1.6g

## Luxury hummus

*Use good-quality chickpeas to give this vegan hummus a deliciously silky feel.*

■ Serves 8 ■ Prep 20 mins
■ Cook 5 mins VEGETARIAN

**700g chickpeas, drained**
**135ml extra virgin olive oil, plus extra for drizzling**
**2 garlic cloves, roughly chopped**
**1 tbsp tahini**
**1½ lemons, juiced**
**crudités or warm pittas, to serve**
**FOR THE TOPPINGS**
**½ tsp smoked paprika**
**½ tsp sumac**
**½ small bunch of parsley, roughly chopped**
**40g pomegranate seeds**

**1** Blitz three-quarters of the chickpeas and 120ml of the oil with the rest of the ingredients and a good amount of seasoning in a food processor. Add a little water if it is too thick. Spoon into a bowl or spread over a plate. *Will keep chilled for up to two days.*
**2** Dry the rest of the chickpeas on kitchen paper as much as possible. Heat the remaining oil in a frying pan over a medium heat. Tip in the chickpeas and a large pinch of salt, and fry for about 4 mins until golden. Drain on kitchen paper.
**3** Drizzle some oil over the hummus, then sprinkle with the spices, parsley and pomegranate seeds. Scatter the fried chickpeas on top and serve with crudités or warm pittas.

**PER SERVING** 242 kcals, fat 20g, saturates 3g, carbs 10g, sugars 1g, fibre 4g, protein 5g, salt 0.4g

## Rhubarb ripple semifreddo

*This tempting dessert is sure to wow a crowd and can be made ahead.*

■ Serves 8-10 ■ Prep 20 mins plus 3 hrs freezing ■ Cook 15 mins
VEGETARIAN

**200g rhubarb, chopped**
**100g caster sugar**
**3 tbsp ginger cordial**
**4 eggs, separated**
**100g icing sugar**
**300ml double cream**
**50g shop-bought meringues, broken into pieces**
**25g crystallised ginger, to serve**

**1** Line a 900g loaf tin with baking parchment. Put the rhubarb in a saucepan with the caster sugar, cordial and 2 tbsp water. Heat gently until the sugar dissolves, then simmer for 10-15 mins or until the rhubarb is soft but holds its shape. Pour into a heatproof jug and leave to cool.
**2** Whisk the egg whites in a bowl until stiff. In another bowl, whisk the yolks with the icing sugar until pale and starting to thicken. In a third bowl, whip the cream until thick. Fold the yolk mixture into the whipped cream until well combined, then fold in the egg whites along with half the meringue pieces.
**3** Gently spoon a third of the cream mixture into the prepared tin and freeze for 20-30 mins or until just set (keep the rest in the fridge). Once set, take the tin out of the freezer and pour in half the cooked rhubarb. Reserve a little for decorating later, if you like. Top with another third of the cream mixture and return to the freezer for another 30 mins. Once set, add the other half of rhubarb, followed by a final layer of cream. Cover and put back in the freezer for 2 hrs to firm up.
**4** Turn out onto a serving plate and peel away the parchment. Decorate with any rhubarb you have reserved, the remaining meringue pieces and crystallised ginger.

**PER SERVING** (10) 286 kcals, fat 18g, saturates 11g, carbs 26g, sugars 26g, fibre none, protein 3g, salt 0.1g

# A lovely lunch

Perfect for the BANK HOLIDAY

This stuffed loaf freezes beautifully, so you can make it ahead, leaving you more time to spend with your guests

## Ham, potato & cheese stuffed loaf

- Serves 8
- Prep 1 hr plus 45 mins rising
- Cook 2 hrs 15 mins

**500g pack bread mix**
**2 tsp mustard powder**
**500g new potatoes**
**500ml crème fraîche**
**175g extra-mature cheddar, grated, plus a little extra**
**small bunch of parsley, chopped**
**plain flour, for dusting**
**1 bunch of spring onions, sliced**
**400g thick sliced lean ham, chopped and fat removed**
**1 tbsp olive oil, for rising and brushing**
**1 egg, beaten**

**1** Tip the bread mix into a large bowl and stir in the mustard powder, then make up following pack instructions. Cover with oiled wrap and leave to rise in a warm spot for 45 mins-1 hr until doubled in size.

**2** Meanwhile, cook the potatoes in a large pan of boiling salted water for 10-12 mins until tender. Drain, cool in a colander until cool enough to handle, then peel and cut into small chunks.In a bowl, combine the crème fraîche, cheddar and parsley and season well.

**3** Roll out just under half the dough on a floured surface to a 25cm circle – it's easier to use a rolling pin and stretch it with your hands at the same time. Lift onto a floured baking sheet that fits in the freezer. Evenly pile the potatoes on top, leaving a 2-3cm border. Dot over half the crème fraîche mixture, then top with the spring onions and ham. Dot over the rest of the crème fraîche. Roll out the remaining dough like before, but a bit bigger than 25cm. Brush the border of the bottom of the loaf with water, then lift the top onto the loaf. Trim if needed, then press and roll up the border edge to seal. Do this all the way around, then press with a fork to seal well. The loaf is now ready to freeze – wrap well with lightly oiled wrap. *Will keep frozen for two months.*

**4** If the loaf is frozen, remove from the freezer and leave at room temperature for 3 hrs before baking. Heat the oven to 160C/140C fan/gas 3. Brush the loaf with beaten egg, scatter over a little more cheese if you like, and cover with foil. Bake for 1 hr, then remove the foil and bake again for 1 hr until golden and crisp – poke a skewer into the middle to check that it's piping hot all the way through.

**PER SERVING** 607 kcals, fat 37g, saturates 23g, carbs 41g, sugars 4g, fibre 3g, protein 25g, salt 2.5g

### Don't want to freeze it?

After assembling, bake the stuffed loaf for 1 hr at 180C/160C fan/gas 4 until golden.

## Tomato & onion salad

- Serves 8
- Prep 15 mins
- No cook VEGETARIAN

Wash **1kg mixed tomatoes** and cut to roughly the same size – halve any cherry tomatoes and cut large ones into wedges. Stir in **1 finely chopped red onion**. Combine **2 tbsp wholegrain mustard** with **2 tbsp sherry vinegar**, **2 tbsp honey** and some seasoning. Stir through the salad up to 2 hrs ahead of serving.

**PER SERVING** 53 kcals, fat 1g, saturates none, carbs 9g, sugars 9g, fibre 2g, protein 1g, salt 0.2g

## Cucumber & pea salad

- Serves 8
- Prep 20 mins
- No cook VEGETARIAN

Pour a kettleful of hot water over **500g frozen peas** in a heatproof bowl. Set aside for 10 mins. Drain well. Halve **1 large cucumber** lengthways, then slice. Just before serving, mix with a **bunch of snipped chives** and **2 tbsp mint sauce** mixed with **2 tbsp white wine vinegar** and **2 tbsp olive oil**.

**PER SERVING** 73 kcals, fat 3g, saturates 1g, carbs 7g, sugars 3g, fibre 3g, protein 4g, salt 0.1g

Get the whole family into the kitchen to bake for an afternoon tea or make Easter gifts. Plus, keep them entertained with crafts over the long weekend

# Family fun

## Mini eton mess cheesecake tarts

*Young children can help assemble these easy meringue-topped tarts, as they don't require any cooking.*

- Makes 18
- Prep 10 mins
- No cook

VEGETARIAN

**75g raspberry jam or compote**
**18 mini pastry tart cases (about 5cm)**
**150ml double cream**
**100g soft cheese**
**2 tsp vanilla extract**
**2 tbsp icing sugar**
**18 mini multi-coloured meringues**

**1** Spoon $^1/_2$tsp jam into the base of each tart case. Put the cream, soft cheese, vanilla and icing sugar in a bowl and whisk to combine. Divide this mixture between the tart cases by spooning or piping it over the jam. If you're making these ahead, chill the filled tart cases for up to 6 hrs, or until ready to serve.

**2** Top each tart with a coloured mini meringue just before serving, then arrange on a plate or cake stand to serve.

**PER SERVING** 142 kcals, fat 8g, saturates 5g, carbs 16g, sugars 11g, fibre 0.2g, protein 2g, salt none

## Lemon thumbprint cookies

*With a heavy dusting of icing sugar, you can make these little lemon cookies look like fried eggs – ideal for an Easter treat.*

■ Makes 50 ■ Prep 30 mins plus at least 1 hr chilling
■ Cook 15 mins VEGETARIAN

**250g plain flour**
**85g icing sugar, plus 2 tbsp for dusting**
**1 tsp vanilla extract**
**1 lemon, zested**
**150g butter, cut into cubes**
**2 egg yolks (freeze the whites for another recipe)**
**200g lemon curd**

**1** Sift the flour and icing sugar into a large bowl. Add the vanilla, lemon zest and a pinch of salt. Rub the butter into the mixture using your fingertips until it resembles damp sand, then mix in the egg yolks. Knead into a smooth dough. Wrap and chill for at least 1 hr, or up to two days.
**2** Remove the dough from the fridge and leave at room temp for 10 mins. Roll into a long sausage shape and cut into 50 equal portions. Roll each portion into a ball and put on a baking sheet lined with baking parchment (you'll need to use two or more baking sheets). Using a wooden spoon or your thumb, make an indent in each ball.
**3** Heat the oven to 200C/180C fan/gas 6. Fill each indent with ½ tsp lemon curd. Bake for 12-15 mins, then leave to cool completely on a wire rack. Dust the cookies with icing sugar and serve. *Will keep in an airtight container for a week.*

**PER SERVING** 64 kcals, fat 3g, saturates 2g, carbs 8g, sugars 4g, fibre 0.2g, protein 1g, salt none

## Easter fudge

*Indulge in a classic homemade fudge that's been given a tasty twist for Easter.*

■ Makes 20 squares ■ Prep 15 mins plus setting ■ Cook 15 mins VEGETARIAN

**397g can condensed milk**
**500g light brown soft sugar**
**125g unsalted butter**
**150ml whole milk**
**150g mini chocolate eggs**

**1** Line a 20cm square brownie tin with baking parchment. Tip all the ingredients, except the mini chocolate eggs, into a saucepan set over a low heat. Stir gently until all the sugar has melted. Turn up the heat and simmer for 10-15 mins, scraping the bottom of the saucepan regularly until the mixture reaches 115C on a sugar thermometer. If you don't have a sugar thermometer, drop a teaspoon of mixture into a small bowl of cold water – if it's ready, it will form a soft ball that can be easily flattened.

**2** Remove the fudge mixture from the heat and leave to cool for 5 mins. Use a wooden spoon to beat the mixture for another 5 mins.

**3** Roughly chop 100g of the chocolate eggs, add to the fudge mixture and then stir until evenly combined. Tip the mixture into the prepared tin, smoothing the surface and pushing into the corners using a rubber spatula. Scatter over the remaining chocolate eggs, then leave at room temperature until completely firm and set. Turn the fudge out onto a chopping board and cut into 20 squares before serving.

**PER SERVING** 250 kcals, fat 9g, saturates 6g, carbs 39g, sugars 39g, fibre 0.2g, protein 2g, salt none

## Spring bouquet traybake

*Encourage the kids to get arty and turn this sweet traybake into a floral masterpiece with some clever piping.*

■ Serves 20 ■ Prep 20 mins ■ Cook 30 mins VEGETARIAN

**150g butter, softened, plus extra for the tin**
**225g caster sugar**
**175g self-raising flour**
**50g ground almonds**
**1 tsp baking powder**
**3 medium eggs**
**100ml full-fat natural yogurt**
**1 tsp vanilla extract**
**FOR THE ICING**
**200g butter, softened**
**1 tsp vanilla extract**
**400g icing sugar, sieved**
**1-2 tbsp milk**
**pink and purple food colouring gels**
**50g green fondant icing**

**1** Heat the oven to 180C/160C fan/gas 4. Butter a 20 x 30cm cake tin and line with two strips of baking parchment, leaving one strip overhanging to help you lift the sponge out once cooked. Beat all the sponge ingredients together in a large bowl using an electric whisk for about 2 mins until combined, light and fluffy. Scrape into the tin and smooth to the edges using a spatula. Bake for 25-30 mins until risen and golden. Check the cake is cooked by inserting a skewer into the centre – if there's wet cake mixture on the skewer, return to the oven for 5 mins more, then check again. Leave to cool for 20 mins in the tin, then transfer to a wire rack and leave to cool completely.

**2** To make the icing, beat the butter and vanilla together in a large bowl with an electric whisk until smooth. Add half the sugar and beat well, then add the remaining sugar and the milk, and beat again until smooth. Put two-thirds of the icing in a bowl and mix in a drop of the pink food colouring. Put the remaining third in another bowl and mix in a drop of the purple food colouring.

**3** Shape the green fondant icing into mini leaf shapes and press veins into them using a cocktail stick. Set aside.

**4** Flip the sponge onto a plate or board and peel off the parchment. Put a large, curved star nozzle in a piping bag and fill with the pink icing. Hold the bag directly above the cake and pipe a swirl in a clockwise motion, applying a steady pressure until you have a flower shape. Continue piping flowers over the sponge in a random arrangement until the pink icing has been used up.

**5** Fill the piping bag with the purple icing (don't worry about washing it first, any remaining pink icing will add a nice effect) and fill any gaps with more flowers or individual blobs of icing. When the cake is completely covered, poke the green fondant leaves in around the flowers. Cut into squares to serve. *Will keep in a cool place in an airtight container for up to three days.*

**PER SERVING** 328 kcals, fat 17g, saturates 10g, carbs 41g, sugars 34g, fibre 0.4g, protein 3g, salt 0.4g

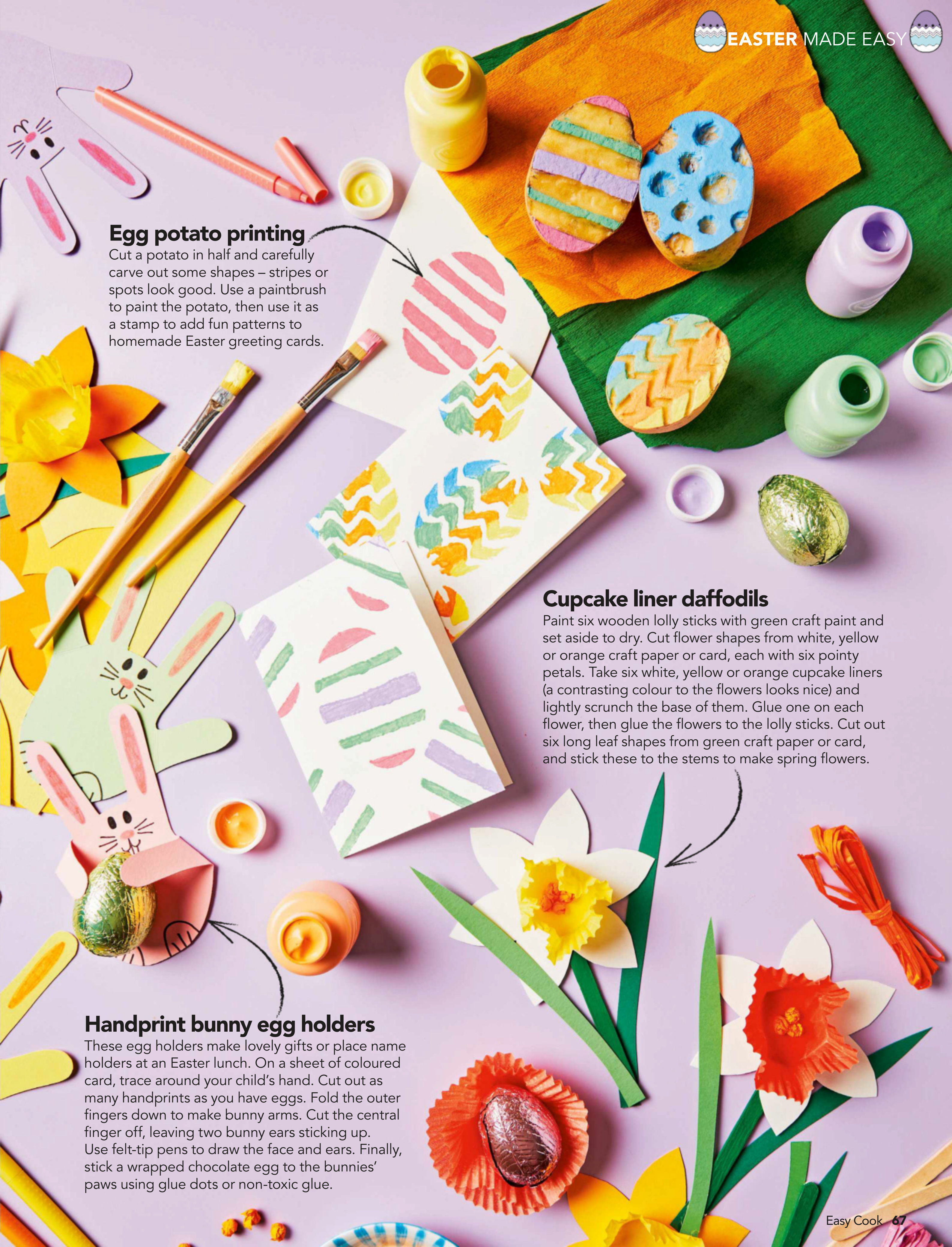
## Chocolate orange cake

■ Serves 8-10 ■ Prep 30 mins plus cooling and chilling ■ Cook 40 mins VEGETARIAN

**300g self-raising flour**
**100g cocoa powder**
**1 tsp baking powder**
**300g salted butter**
**150g light brown soft sugar**
**150g light muscovado sugar**
**4 eggs**
**1 tsp vanilla extract**
**150ml whole milk**
**3 oranges, zested, 2 juiced**
**100g dark chocolate, melted and cooled**
**100g orange curd**
**orange zest, to serve**
**chocolate curls, to serve**
**FOR THE BUTTERCREAM**
**450g icing sugar, sifted**
**150g unsalted butter, cubed and softened**
**200g mascarpone**
**1 orange, juiced**
**50g dark chocolate, melted and cooled**

**1** Heat the oven to 180C/160C fan/gas 4 and line two 20cm deep springform cake tins with baking parchment. Mix the flour, cocoa and baking powder together in a bowl. In a separate bowl, beat the butter and sugars together using an electric whisk until light and fluffy. Add the eggs, one at a time, then the vanilla and milk. Add 2 tbsp of the flour mixture if it starts to curdle.
**2** Fold the flour mixture into the batter until just combined. Stir in the orange juice and zest and the cooled, melted chocolate (you can melt the chocolate in a heatproof bowl over a pan of simmering water, or in the microwave in short bursts). Divide between the tins and bake for 30-40 mins, or until a skewer inserted into the middle of the cakes comes out clean. Leave to cool in the tins for 10 mins before turning out onto a wire rack to cool completely.
**3** To make the buttercream, sift the icing sugar into a bowl, add the butter and beat using an electric whisk for 5 mins. Add the mascarpone and beat for 1 min more until smooth and spreadable. Stir through the orange juice and melted chocolate.
**4** Evenly spread half the buttercream and orange curd over one sponge. Sandwich the cakes together, then spread over the rest of the buttercream and curd and chill for 10 mins. Decorate with the chocolate shavings and extra orange zest.

**PER SERVING** (10) 1034 kcals, fat 58g, saturates 35g, carbs 114g, sugars 88g, fibre 4.1g, protein 11g, salt 1.1g



## Egg potato printing

Cut a potato in half and carefully carve out some shapes – stripes or spots look good. Use a paintbrush to paint the potato, then use it as a stamp to add fun patterns to homemade Easter greeting cards.

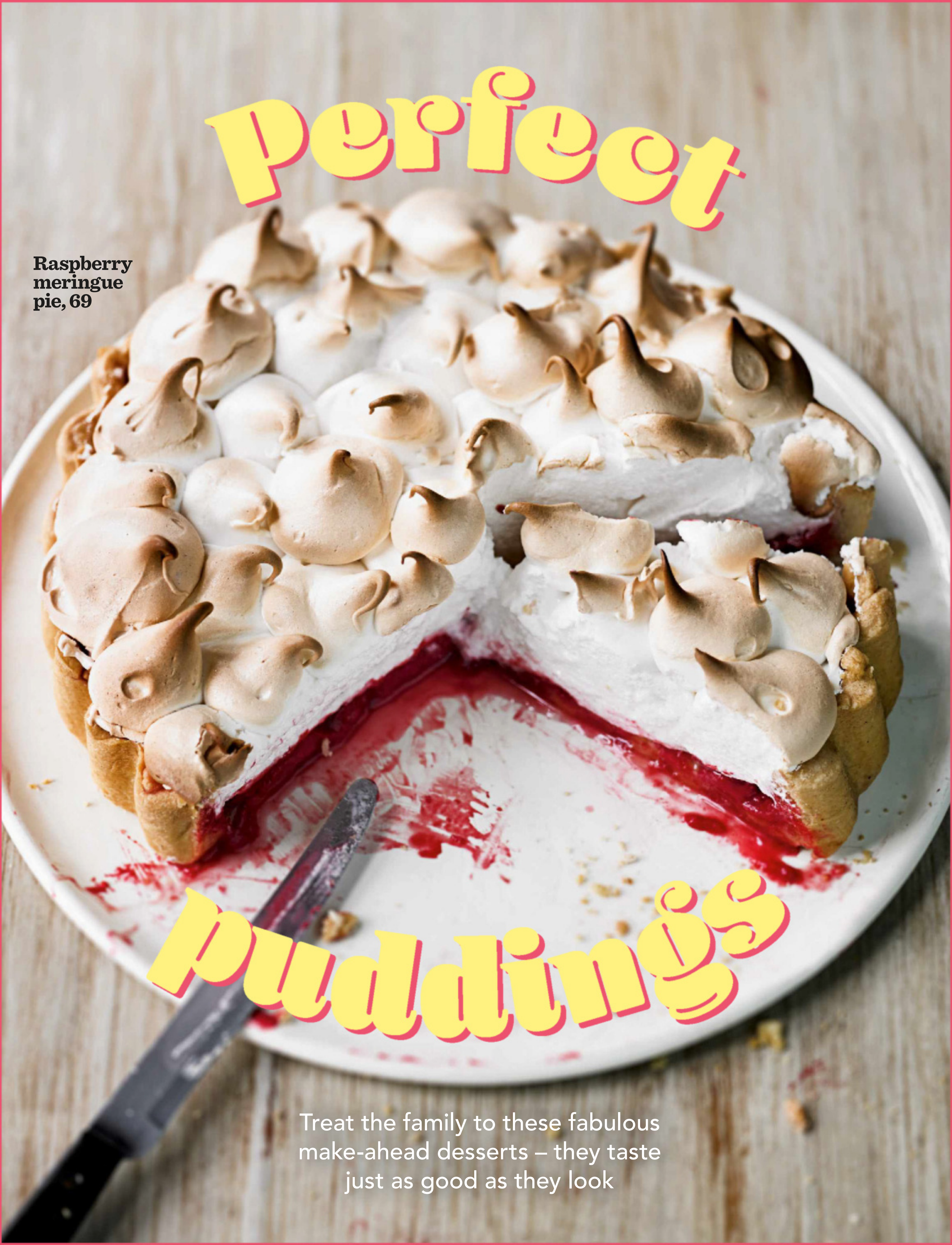
## Cupcake liner daffodils

Paint six wooden lolly sticks with green craft paint and set aside to dry. Cut flower shapes from white, yellow or orange craft paper or card, each with six pointy petals. Take six white, yellow or orange cupcake liners (a contrasting colour to the flowers looks nice) and lightly scrunch the base of them. Glue one on each flower, then glue the flowers to the lolly sticks. Cut out six long leaf shapes from green craft paper or card, and stick these to the stems to make spring flowers.

## Handprint bunny egg holders

These egg holders make lovely gifts or place name holders at an Easter lunch. On a sheet of coloured card, trace around your child's hand. Cut out as many handprints as you have eggs. Fold the outer fingers down to make bunny arms. Cut the central finger off, leaving two bunny ears sticking up. Use felt-tip pens to draw the face and ears. Finally, stick a wrapped chocolate egg to the bunnies' paws using glue dots or non-toxic glue.

# Perfect puddings



**Raspberry meringue pie, 69**

Treat the family to these fabulous make-ahead desserts – they taste just as good as they look

## Raspberry meringue pie

*This pretty pie is made with shop-bought pastry for ease, and topped with a simple but elegant golden brown meringue.*

■ Serves 10 ■ Prep 20 mins plus 2 hrs cooling ■ Cook 45 mins VEGETARIAN

**400g sweet shortcrust pastry**
**300g raspberries**
**2 medium oranges, 1 zested, juiced**
**2 tbsp icing sugar**
**3 tbsp cornflour**
**80g butter, cubed**
**4 eggs, separated**
**2 tbsp lemon curd**
**200g golden caster sugar**

**1** Heat the oven to 200C/180C fan/gas 6. Roll out the pastry and use it to line a deep 23cm loose-based tart tin. Line the pastry with baking parchment, fill with baking beans and bake for 15 mins, then remove the parchment and beans and bake again for 10 mins until the pastry is golden and looks dry. Leave to cool. Turn the oven down to 180C/160C fan/gas 4.
**2** Meanwhile, put the raspberries in a pan with the orange zest and juice, and heat until the raspberries start to release their juices. Stir in the sugar, then taste and add more sugar if needed. Push the mixture through a sieve into a clean pan. Add 3 tbsp of the raspberry mixture to the cornflour, and stir until there are no lumps. Mix this back into the pan, then set over a medium heat and whisk until the mixture starts to bubble and thicken. Add the butter, remove from the heat, whisk, then whisk in the egg yolks. Return to the heat and whisk until thickened. Leave to cool.
**3** Spread the lemon curd over the base of the tart and spoon the raspberry mixture on top. To make the meringue, whisk the eggs whites to soft peaks, then beat in the sugar in three batches until the meringue is stiff and glossy. Spoon or pipe the meringue over the raspberry mixture to completely cover, then bake the tart for 20 mins until the meringue is crisp and lightly browned. Cool at room temperature for at least 2 hrs before removing from the tin.

**PER SERVING** 379 kcals, fat 16g, saturates 8.7g, carbs 51g, fibre 2.1g, protein 5.2g, salt 0.4g

## White chocolate mousse with crushed mini eggs

■ Serves 6 ■ Prep 15 mins plus 1 hr chilling ■ Cook 5 mins VEGETARIAN

**200g white chocolate**
**200ml crème fraîche**
**200ml double cream**
**chocolate mini eggs, crushed, to serve**

**1** Melt the white chocolate in a heatproof bowl set over a pan of simmering water, or in short 20-second bursts in the microwave. Stir until smooth, then leave to cool slightly.
**2** Stir in the crème fraîche and cream until smooth. Pour into six glasses and chill for 1 hr. Top with the crushed chocolate eggs to serve.

**PER SERVING** 461 kcals, fat 40g, saturates 24g, carbs 22g, fibre 0.8g, protein 2.9g, salt none

## Hazelnut & chocolate torte

■ Serves 12 ■ Prep 25 mins plus chilling ■ Cook 5 mins VEGETARIAN

**250g dark chocolate, chopped**
**300g milk chocolate, chopped**
**568ml double cream**
**3 tbsp liquid glucose**
**6 tbsp Frangelico or other hazelnut liqueur**
**100g hazelnuts, toasted**
**8 digestive or oat biscuits**
**1 tbsp butter, melted, plus extra for the tin**
**crème fraîche, to serve**

**1** Melt the chocolate, cream, liquid glucose and Frangelico together in a heatproof bowl set over a pan of simmering water. Set aside to cool.

**2** Blitz the hazelnuts and biscuits to crumbs in a food processor, then stir in the melted butter. Line a terrine tin with buttered parchment (or use a buttered silicone tin), then sprinkle in half the biscuit mixture. Tip the tin so the crumbs stick to the sides, making sure they are as even as possible. Carefully pour in the chocolate mixture and chill until almost set.

**3** Sprinkle over the remaining biscuit mixture and press down gently into an even layer. Chill until ready to serve. Turn out onto a plate and sprinkle any loose crumbs over the top. Slice using a hot knife. Serve with crème fraîche.

**PER SERVING** 626 kcals, fat 47g, saturates 24g, carbs 41g, fibre 1.5g, protein 5.6g, salt 0.3g

## St Clement's pie

*The bright, zesty flavours of oranges and lemons in this pie are a vibrant way to bring spring to your Easter table.*

■ Serves 8-10 ■ Prep 1 hr plus cooling and 5 hrs chilling ■ Cook 35 mins VEGETARIAN

**250g light digestive biscuits**
**100g cornflakes**
**85g butter, melted**
**140g caster sugar**
**1 egg, plus 4 egg yolks**
**397g can light condensed milk**
**3 lemons, zested and juiced, plus extra zest to decorate**
**2 oranges, zested and juiced, plus extra zest to decorate**
**150ml extra-thick double cream**
**100g 0% fat Greek-style yogurt**
**4 tbsp icing sugar**

**1** Heat the oven to 180C/160C fan/gas 4. Put a 20cm fluted round loose-bottomed tin (about 5cm deep) on a baking sheet. Break the biscuits into a bowl, or put in a food bag and bash into large, rough crumbs using a rolling pin. Add the cornflakes and bash again to make more crumbs. Mix with the melted butter and sugar, then press into the base and side of the tin. Bake for 15 mins, then remove from the oven and reduce the temperature to 160C/140C fan/gas 3.

**2** Whisk the egg and yolks together in a bowl until pale and frothy. Whisk in the condensed milk, followed by the lemon and orange zests and juices. Pour into the tin and bake for 20 mins. Leave to cool fully in the tin, then chill for at least 5 hrs or overnight.

**3** Whip the cream, yogurt and icing sugar together, then dollop the mixture over the pie. Scatter over more orange and lemon zest to serve.

**PER SERVING** (10) 647 kcals, fat 27g, saturates 15g, carbs 87g, sugars 63g, fibre 1g, protein 12g, salt 1.1g

## Pineapple & passion fruit cheesecake

■ Serves 8-10 ■ Prep 30 mins plus cooling and chilling ■ Cook 1 hr 15 mins VEGETARIAN

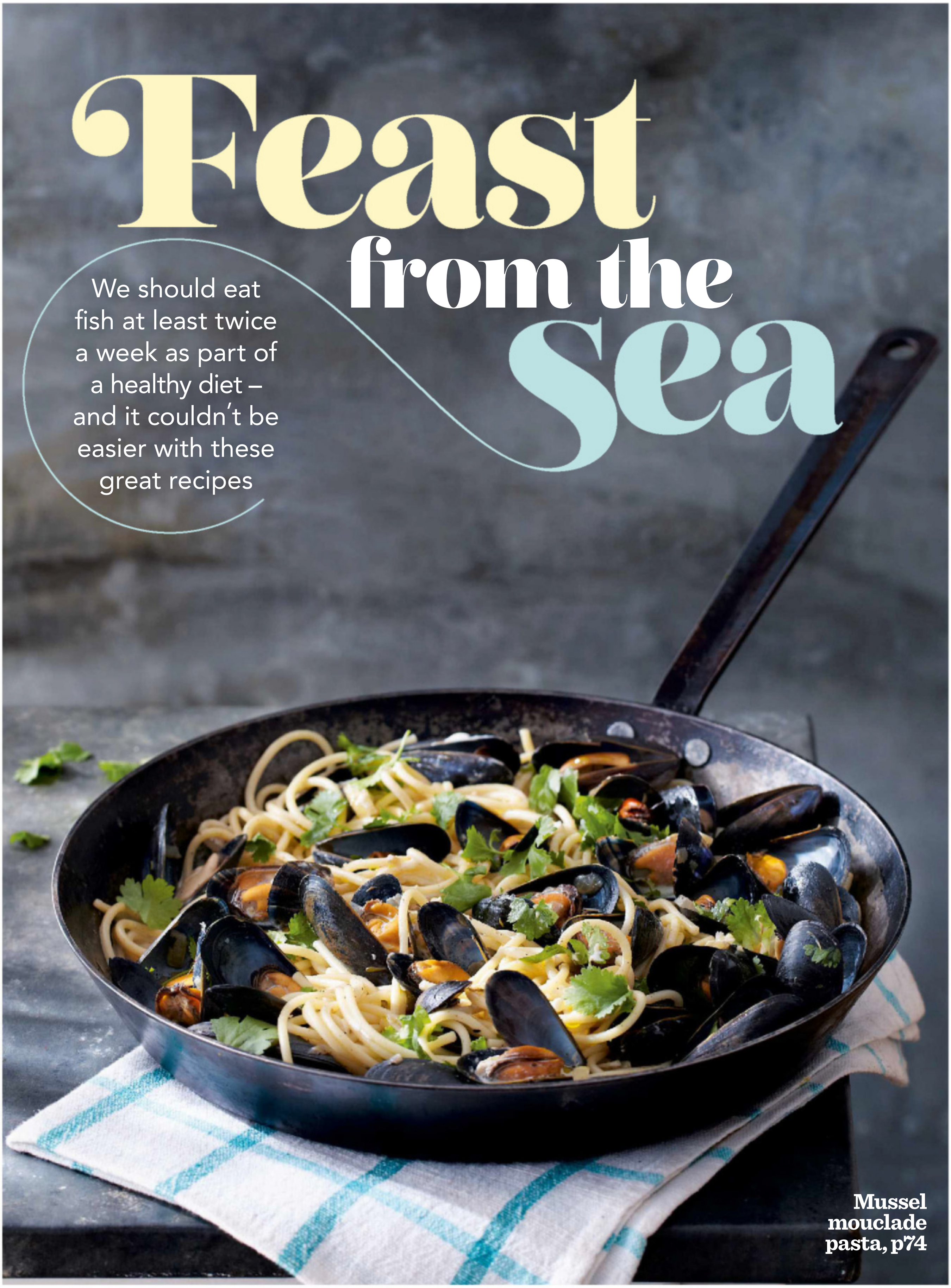
**FOR THE BASE**
**10 digestive biscuits**
**6 gingernut biscuits**
**85g unsalted butter, melted**
**FOR THE FILLING**
**600g full-fat soft cheese**
**3 eggs, beaten**
**142ml double cream**
**140g caster sugar**
**3 limes, zested**
**FOR THE TOPPING**
**1 medium, ripe pineapple, peeled, cored and quartered**
**284ml double cream**
**1 tbsp icing sugar**
**3 ripe passion fruits, halved**

**1** Heat the oven to 160C/140C fan/ gas 3. Put the biscuits in a food bag, seal tightly and bash using a rolling pin to make fine crumbs. Tip into a bowl and mix in the melted butter. Spoon the crumbs into the base of a 23cm springform tin and press down using the back of a spoon. Bake for 10-15 mins until lightly browned, then leave to cool.
**2** Put the filling ingredients in a bowl and beat until smooth. Pour over the biscuit base and bake for 50 mins-1 hr until the filling is just set and starting to brown. Leave to cool in the oven with the door slightly open, then chill until ready to serve. Don't worry if the top has cracked. *Can be made up to two days ahead.* Remove from the tin and transfer to a serving plate.
**3** Thinly slice the pineapple quarters lengthways. Whip the cream and icing sugar until thickened but not stiff. Spread this over the cheesecake, then pile over the pineapple. Scoop the passion fruit pulp and seeds over the top.

**PER SERVING** (8) 799 kcals, fat 63g, saturates 36g, carbs 52g, sugars 38g, fibre 2g, protein 10g, salt 1.2g

# Feast from the sea

We should eat fish at least twice a week as part of a healthy diet – and it couldn't be easier with these great recipes



**Mussel mouclade pasta, p74**

**Whole stuffed roast fish with fennel, p74**

## Whole stuffed roast fish with fennel

*This dish is inspired by the cooking of Sicily, where the aromatic spices and dried fruits of Arabian cuisine combine with the fresh fish and vegetables of the Mediterranean.*

■ Serves 4 ■ Prep 15 mins ■ Cook 50 mins

**2 fennel bulbs, halved and finely sliced**
**1 large onion, halved and finely sliced**
**3 tbsp extra virgin olive oil, plus extra for drizzling**
**2 lemons, 1 zested and juiced, 1 cut into wedges**
**200g couscous**
**pinch of saffron threads**
**250ml hot chicken or vegetable stock**
**2 larger or 4 smaller whole fish, cleaned and scaled (we used sea bass)**
**small bunch of dill, finely chopped**
**2 tbsp toasted pine nuts**
**250g baby plum or small tomatoes, halved**
**1 tbsp currants**

**1** Heat the oven to 200C/180C fan/gas 6. Put the fennel and onion in a large roasting tin and toss with 2 tbsp oil, 1 tbsp lemon juice and plenty of seasoning. Roast for 20 mins until almost tender and starting to caramelise. Meanwhile, put the couscous in a medium heatproof bowl. Combine the saffron and stock, then pour over the couscous, cover and set aside.

**2** Rinse the fish under cold running water inside and out, then pat dry. Slash deeply on both sides and season with salt, pepper and a pinch of the lemon zest. After 10 mins soaking, fluff the couscous using a fork and add 2 tbsp lemon juice, the remaining lemon zest, the dill, 1 tbsp pine nuts and seasoning to taste. Stuff the couscous into the cavity of each fish, reserving any leftover couscous.

**3** Stir the tomatoes and currants into the tin. Sit the fish on top and roast for about 30 mins, depending on its size. Look for juices running from the slashes in the flesh. Tug gently on the back fin – if it comes away easily, the fish is cooked.

**4** Scatter with the rest of the pine nuts, then serve from the tin, with lemon wedges for squeezing over. Serve one stuffed fish per person, or if you have cooked large fish, gently lift the fillets from the top of the fish first, then turn over and repeat. Serve with the couscous stuffing and any leftover couscous.

**PER SERVING** 489 kcals, fat 18g, saturates 2g, carbs 45g, sugars 11g, fibre 9g, protein 36g, salt 0.5g

### How to prepare a whole round fish

**1** This is easier to do than you think. Snip along the fish's belly, from the small vent near the tail, up to under the head. Scrape out all the guts using a spoon, then scrape along the 'blood line' that lies at the top of the cavity. Open the gills, then snip them out from each end using scissors.

**2** Rinse the fish to remove all traces of blood. Put the fish in a carrier bag, then scrape the scales away using the back of a large knife, going from tail to head. The scales will ping away from the body and go into the bag, rather than end up all over the kitchen.

**3** Rinse the fish again, snip off all the fins except for the dorsal (back), then you're ready to go.

## Mussel mouclade pasta

*The slight spice of mild curry powder enhances rather than overpowers the mussels in this dish, while the pasta and spicy, creamy liquor go so well together as they mingle in the pan.*

■ Serves 2 ■ Prep 10 mins ■ Cook 15 mins

**140g spaghetti or bucatini**
**1 tbsp butter**
**1 onion, finely chopped**
**2 tsp mild curry powder**
**2 garlic cloves, thinly sliced**
**500g fresh mussels, cleaned and debearded**
**100ml dry white wine mixed with 50ml water**
**4 tbsp double cream**
**large handful of coriander or parsley, roughly chopped**

**1** Cook the pasta in a pan of boiling salted water following pack instructions. Meanwhile, melt the butter in a large, wide pan over a medium heat and cook the onion for about 7 mins until soft and golden in spots. Tip in the curry powder and garlic, then cook for 1 min more.

**2** Turn up the heat and add the mussels to the pan. Pour in the wine (it should steam up), then cover with a tight-fitting lid. Cook over a high heat for 5 mins, shaking the pan occasionally until the mussels are wide open. Discard any that remain closed, then lift the mussels from the pan using a slotted spoon and set aside. Drain the pasta when it's ready.

**3** Stir the cream into the mussel cooking liquor, then boil hard for 30 seconds or so until the sauce is the consistency of single cream. If it gets too thick, add a splash of water. Check the seasoning – it should have plenty of black pepper. Return the mussels to the pan, add the coriander and the pasta, and toss well. Serve in large, shallow bowls with an extra bowl alongside for the discarded shells.

**PER SERVING** 586 kcals, fat 26g, saturates 14g, carbs 60g, sugars 7g, fibre 5g, protein 22g, salt 1g

## Fish pie tart with minted pea salad

*This is creamy and full of fish, but less heavy than the usual mash-topped recipe. Any chunky white fish will work in the filling, but the smoked haddock is a must for depth of flavour.*

■ Serves 4-6 ■ Prep 30 mins plus chilling ■ Cook 1 hr

**500g shortcrust pastry**
**1 egg yolk, plus 3 eggs (freeze the extra white for another recipe)**
**250g piece undyed sustainably sourced smoked haddock**
**250g chunky unsmoked fish (we used sustainably sourced cod)**
**200ml crème fraîche**
**½ bunch of chives, snipped**
**grating of nutmeg**
**handful of cooked large prawns (sustainably fished)**
**25g sharp cheddar or similar cheese, grated**
**FOR THE SALAD**
**250g frozen petis pois**
**160g baby leaf salad with pea shoots**
**small bunch of mint, leaves picked**
**2 shallots, finely chopped**
**½ tsp sugar**
**2 tbsp red wine vinegar**
**2 tbsp extra virgin olive oil**
**1 heaped tsp wholegrain mustard**

**1** Roll the pastry out until it's just thicker than a £1 coin and large enough to line a 23cm fluted tart tin (about 4½cm deep) with some excess. Line the tin with the pastry, trim off the excess, then prick the base all over using a fork. Chill for 15 mins.

**2** Heat the oven to 200C/180C fan/gas 6. Line the pastry with baking parchment and fill with baking beans. Lift onto a baking sheet and bake for 25 mins until the pastry feels firm. Remove the parchment and beans, and bake for 5 mins more until biscuity. Beat the egg yolk and brush all around the inside of the pastry case. Bake for another 5 mins until golden. Turn the oven down to 180C/160C fan/gas 4.

**3** Meanwhile, prepare the fish and filling. Put the fish on a plate, cover and microwave on high for 4 mins until the flesh flakes easily. Or, steam or gently poach the fish, then drain well. Carefully transfer the fish to a colander and drain until the pastry is ready. Beat the 3 eggs, crème fraîche, chives and nutmeg together. Season.

**4** Flake the fish into large pieces, discarding any skin and bones, then pat dry using kitchen paper and put in the pastry case. Tuck in the prawns here and there. Pour the filling over, scatter over the cheese, then bake for about 35 mins, or until golden and set with just a slight wobble in the middle.

**5** To make the salad, boil the peas for 1 min until just tender, then drain and cool under cold running water. Drain well, put in a large bowl and top with the pea shoot salad and mint leaves, then chill until needed. Mix the shallots with the sugar, vinegar, oil and mustard to make a dressing. Season. Let the tart cool for a few minutes before serving. When ready to serve, toss the dressing with the salad and serve alongside the tart.

**PER SERVING** (6) 701 kcals, fat 47g, saturates 19g, carbs 41g, sugars 4g, fibre 5g, protein 29g, salt 2.0g

# Grilled mackerel with escalivada & toasts

*Escalivada is a punchy make-ahead Spanish dish of grilled peppers, aubergines and onions. It's incredibly versatile and works really well with grilled or barbecued fish. You can also add leftover escalivada to pasta and pizza toppings.*

■ Serves 4 ■ Prep 15 mins plus marinating ■ Cook 30 mins

**FOR THE ESCALIVADA**

**3 large or 4 medium peppers, in a mix of colours**

**1 red onion, halved and thinly sliced**

**3 tbsp extra virgin olive oil**

**2 medium aubergines**

**1 lemon, zested and ½ juiced**

**1 rosemary sprig, finely chopped**

**2 tbsp small capers, drained**

**small bunch of flat-leaf parsley, roughly chopped**

**FOR THE FISH & TOASTS**

**2 rosemary sprigs, finely chopped**

**3 garlic cloves, crushed**

**3 tbsp extra virgin oil, plus extra to serve (optional)**

**1 large olive ciabatta, cut into 8 slices**

**¼ tsp chilli flakes or hot paprika**

**4 mackerel fillets, pin-boned and cut in half if large, or 8 butterflied sardines**

**1** Heat the grill to high and line the grill pan or large baking tray with foil. Using a potato peeler, remove most of the skin from the peppers, then remove the seeds and slice into 1cm strips. Toss with the onion and 1 tbsp oil, then grill for 15 mins, stirring halfway through, until soft and charred in spots.

**2** Cut the aubergines into 1cm half-moons and brush lightly with the rest of the oil. Lay the slices on the peppers, season, then grill for 5 mins until golden. Turn the aubergines over, scatter over the lemon zest and rosemary, then grill for 5 mins more until golden and soft in places. Stir the capers and lemon juice into the veg. Season and set aside. *Will keep chilled for up to three days. Serve just warm, with the parsley folded through.*

**3** To make the toasts and fish, mix the rosemary, crushed garlic and oil with some seasoning. Brush half the mixture over one side of the ciabatta slices. Mix the chilli into the remainder, then brush over the fish and leave to marinate in the fridge for 5 mins, or up to 1 hr.

**4** Grill the fish skin-side up for 4-5 mins, depending on the thickness, until just cooked with crisp skin. Alternatively, barbecue the fish skin-side down for 4-5 mins. Grill the bread until golden. Top the toasts with the escalivada, followed by the fish and a sprinkle of parsley. Serve with a drizzle of oil, if you like.

**PER SERVING** 606 kcals, fat 35g, saturates 6g, carbs 48g, sugars 17g, fibre 12g, protein 24g, salt 1.2g

## DID YOU KNOW?

- *You can use sardines or pilchards instead of mackerel, as they have a similarly rich, oily flesh that works well with chilli and spices.*
- *Mackerel doesn't need to be scaled.*

## Sesame-crusted fish with samphire & clams

*Samphire and umami-loaded miso go so well with sweet sea bream and clams. You could also use sea bass, or any other thin white fish fillets. Try adding a dash of chilli oil as well as the sesame for a kick of heat.*

■ Serves 2 ■ Prep 10 mins ■ Cook 10 mins

**2 nests medium or thick egg noodles (about 140g)**
**2 fillets sustainable white fish, skin on, scaled and pin-boned (we used sea bream)**
**4 tsp sesame seeds**
**3 tsp sunflower or vegetable oil**
**thumb-sized piece of ginger, peeled and finely shredded**
**300g fresh clams**
**2 tbsp dry sherry**
**90g samphire, or a few handfuls from the fishmonger**
**36g miso soup paste**
**bunch of spring onions, shredded**
**sesame or chilli oil (or both), to serve**

**1** Cook the noodles following pack instructions. When just tender, drain, rinse under cold running water, drain again and set aside.

**2** Slash the skin of each piece of fish three times. Scatter the sesame seeds over a plate. Season the fish and press the sesame seeds onto the skin in an even layer.

**3** Heat the oven to low (this will be used to keep the fish warm) with two wide bowls inside. Heat 2 tsp oil in a sturdy, non-stick frying pan over a medium heat and fry the fish for 5 mins on the sesame-crusted side until the seeds are pale golden and the flesh of the fish has changed colour almost all the way through. Turn the fish over, cook for a few seconds more, then remove to a plate and transfer to the oven to keep warm. Put the kettle on to boil.

**4** Add the remaining oil to the pan and sizzle the ginger for 30 seconds. Turn the heat up to very high, tip in the clams, sherry and 1 tbsp water, cover with a lid and steam for 1-2 mins until the shells open, shaking the pan every 30 seconds or so. Tip in the samphire, cover again and cook for 1 min more until bright and just tender.

**5** Make up the miso in a heatproof jug with 450ml boiling from the kettle water. Rinse the noodles with boiling water to reheat, then pile into the warmed bowls. Spoon over the clams (discard any that haven't opened) along with the ginger, samphire and any pan juices, plus the spring onions, then pour over the miso and top with a piece of crisp fish, sesame-side up. Drizzle over a little of the sesame or chilli oil (or both), before serving.

**PER SERVING** 601 kcals, fat 20g, saturates 3g, carbs 54g, sugars 3g, fibre 7g, protein 47g, salt 3.3g

## Sustainable fish

Choosing sustainable fish can sometimes be confusing, but the advice from the experts is to eat a wide variety, rather than creating pressure on one particular kind. As a general rule, choose sustainable line-caught and organically farmed fish. Visit the Marine Conservation Society's website at *mcsuk.org*, which gives each fish a rating, for more information. Plus, look for the Marine Stewardship Council's blue certification stamp at the shops.

# Take two

# CHICKEN STEW

What happens when two cooks are asked to make a chicken stew? **Esther Clark** and **Cassie Best** share their favourite one-pot recipes

## Smoky chicken, bean & kale stew

*"I like a robust stew with a bit of punch, and when chicken is on the menu, smoked paprika is my spice of choice. It adds smoky depth, which is balanced perfectly here with the sweet tomatoes. Beans bolster the dish, making a meal of what could otherwise be a soup, plus greens pack in some nutrients. A hearty bowl of chicken stew should always come with something starchy for soaking up the juices. My carb of choice here is a wedge of bread – if it's slathered in garlic butter, all the better."* **Esther Clark**

## Chicken & ham casserole with mustardy dumplings

*"Chicken casserole is a childhood throwback for me, conjuring up memories at my nan's dining room table with saucy bowls of stew and fat dumplings to soak it all up. I've added shredded ham to mine, which works fantastically with the punch of English mustard powder in the dumplings. The key to having light and fluffy dumplings is not to over-handle them; be light with the mixture and don't work it too much. If you like your dumplings squidgy, don't remove the lid. On the other hand, if you enjoy a slightly crisp exterior, leave the lid off for the final 10 minutes of cooking."*

**Cassie Best**

**Two versions of one dish**

## Smoky chicken, bean & kale stew

■ Serves 4 ■ Prep 10 mins ■ Cook 1 hr 25 mins FREEZABLE

**1 tbsp olive oil**
**8 boneless, skinless chicken thighs**
**80g cubed pancetta or smoky bacon lardons**
**1 large red onion**
**4 garlic cloves**
**2 tsp smoked paprika**
**2 bay leaves**
**1 tbsp red wine vinegar**
**2 x 400g cans plum tomatoes**
**1 tsp caster sugar**
**1 chicken stock cube**
**400g can cannellini or butter beans, drained**
**100g kale, stripped from the stalk and roughly chopped**
**garlic bread, to serve**
**drizzle of extra virgin olive oil, to serve (optional)**

**1** Heat the oil in a large flameproof casserole dish and brown the chicken for a few minutes on each side – do this in batches so you don't overcrowd the pan. Remove the chicken and set aside.
**2** Put the pancetta in the pan and cook for 5 mins until starting to crisp up. Push to one side, add the onion and cook for 8 mins until softened. Add the garlic and cook for another minute.
**3** Add the paprika, bay, vinegar, tomatoes and sugar, then crumble in the stock cube. Add two cans full of water (800ml), season well and return the chicken to the pan. Cover and simmer over a low heat for 30 mins – bubbles should only break the surface occasionally.
**4** Uncover and cook for 30 mins more until the stew has reduced to a rich broth. The tomatoes should have broken down, but if they're still quite chunky, squash using the back of a wooden spoon. Use two forks to pull apart the larger chunks of chicken.
**5** Stir in the beans and kale, cover with the lid and cook for 5 mins to wilt the kale and heat the beans. Serve in deep bowls with chunks of garlic bread and a drizzle of olive oil, if you like. *Once cooled completely, transfer to a freezerproof container. Will keep frozen for up to three months. Defrost thoroughly, then reheat until piping hot.*

**PER SERVING** 403 kcals, fat 17g, saturates 4g, carbs 23g, sugars 13g, fibre 8g, protein 36g, salt 1.6g

## Chicken & ham casserole with mustardy dumplings

■ Serves 4-6 ■ Prep 20 mins ■ Cook 1 hr 30 mins FREEZABLE

**1 tbsp sunflower oil**
**1 tbsp butter**
**1 onion, chopped**
**2 leeks, thickly sliced**
**2 carrots, peeled and chopped**
**6 boneless, skinless chicken thighs, cut into chunky pieces**
**200ml cider**
**800ml hot chicken stock**
**½ bunch of thyme, tied**
**1 tbsp cornflour**
**150g ham hock or cooked gammon, shredded into chunky pieces**
**100g frozen peas**
**1 tbsp English or Dijon mustard**

**FOR THE DUMPLINGS**
**200g self-raising flour**
**¼ tsp baking powder**
**2 tbsp English mustard powder**
**100g suet or cold butter, grated**
**½ small bunch of parsley, finely chopped**

**1** Heat the oil and butter in a flameproof casserole dish over a medium heat and cook the onion, leeks and carrots and a pinch of salt for 10 mins until softened and translucent. Add the chicken, turn up the heat and fry for 5 mins. Pour in the cider, cook for 3 mins, then add the chicken stock and thyme. Bring to a simmer, season to taste, then reduce to a low heat and cover. Cook for 30 mins.
**2** Heat the oven to 180C/160C fan/gas 4. Make the dumplings by mixing together the flour, baking powder, mustard powder, suet or butter, the parsley and ½ tsp salt. Swiftly mix in 8-10 tbsp of water and bring together with your hands – the dough should be firm and pliable. Divide into eight equal-sized pieces.
**3** Remove the thyme from the stew and discard. Spoon a little of the liquid into a bowl and mix with the cornflour, then stir back into the casserole. Add the ham hock, peas and mustard. Arrange the dumplings on top, then cook in the oven, covered, for 30 mins. Remove the lid and cook for 10 mins more until the dumplings are puffed up and golden brown. Serve in bowls. *Once cooled completely, transfer to a freezerproof container. Will keep frozen for up to three months. Defrost thoroughly, then reheat until piping hot.*

**PER SERVING** (6) 517 kcals, fat 26g, saturates 12g, carbs 39g, sugars 7g, fibre 6g, protein 27g, salt 2.6g

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# Celebrate Passover

**Victoria Prever** tells us which foods will be eaten during the Jewish holiday (12-20 April) and shares her tasty granola recipe featuring matzo crackers

**Victoria Prever is the food editor at *The Jewish Chronicle*. She trained as a professional chef at Leiths School of Food and Wine and is also a food writer, cookery teacher and food consultant.**

**During Passover, families commemorate the departure of the children of Israel from slavery in Egypt – so sudden, there was no time to wait for their bread to rise.** For eight days, we abstain from foods containing grains (wheat, oats, barley, rye or spelt) that have met with water and been allowed to ferment and rise, known as 'chometz'. Other than a special wheat-based cracker called matzo, anything made from these grains is out, including cakes, biscuits, pasta and bread. Some Jewish people also do not eat rice, beans, some seeds and legumes.

Passover starts at sundown of the day prior to the first full day (12 April) with a family meal, before which the family hold a Seder – a fun religious service. Before then, it's traditional to have cleared (and cleaned) your kitchen thoroughly of chometz. Many reserve a special set of crockery, cutlery and kitchenware for Passover. The Seder recounts events around the journey to freedom using food, wine, prayers and songs. Ceremonial foods are placed on a special Seder plate and include a roasted egg and spring herbs signifying renewal: 'charoset', a paste of apples, nuts and wine representing the mortar on the pyramids that the Israeli slaves built; bitter herbs ('maror') commemorating the enslavement; a roasted shank bone for the lamb eaten with unleavened bread before the departure; salt water signifying the tears shed by the slaves; and matzo, unleavened bread. Many families repeat the Seder for the second night of Passover.

On the menu for Passover is fresh fruit and veg, plus proteins, eggs and potatoes. Matzo crackers feature heavily, eaten instead of bread, and are also used in recipes to replace lasagne sheets or pizza dough. A favourite is matzah brei – a version of French toast. Ground matzo (matzo meal) replaces breadcrumbs in baked goods and is used for matzo balls (dumplings for soup).

## Coconut, cashew & cranberry matzo granola

*Breakfast can be difficult during Passover when many breads, cereals and porridge are off the menu. You won't miss them with this simple granola sprinkled over yogurt and fresh fruit. It also makes a great snack. Swap out the cranberries for another dried fruit if preferred – golden sultanas look pretty, and chopped dried apricots work well, too. Dried pineapple or mango provides a deliciously tropical vibe.*

■ Makes 600g (about 20 portions)
■ Prep 10 mins ■ Cook 15 mins
VEGETARIAN

**5 sheets matzo (wholemeal, rye, spelt or gluten-free)**
**150g cashews, coarsely chopped**
**150g blanched or regular almonds, coarsely chopped**
**6 tbsp sunflower oil**
**80ml maple syrup**
**½ tsp ground cinnamon**
**75g coconut flakes**
**100g dried cranberries**
**milk or Greek-style yogurt and chopped fruit, to serve**

**1** Heat the oven to 200C/180C fan/gas 6 and line a baking sheet with baking parchment. Crumble the matzo into bite-sized pieces in a bowl and mix with the nuts.

**2** Mix the oil, maple syrup, cinnamon and 1/2 tsp salt together in a separate bowl, then pour over the mixed dry ingredients. Mix, then tip onto the baking sheet and bake for 10-15 mins, turning a couple of times so the granola browns evenly. Stir in the coconut flakes for the final 5 mins of cooking. (Keep an eye on it as it can quickly turn too dark.) When golden brown, remove from the oven and leave to cool and crisp up on the baking sheet.

**3** Stir in the cranberries, then transfer to a clean container when completely cool.

**4** Serve with milk or yogurt and chopped fruit. If you can stop snacking on it, you should have enough to use through Passover.

**PER SERVING** 187 kcals, fat 12g, saturates 2g, carbs 14g, sugars 8g, fibre 1g, protein 4g, salt 0.1g

# LET'S DO BRUNCH

From indulgent croissant toast to hearty chorizo quiche, these air fryer recipes from **Dominique Eloïse Alexander** and **Izy Hossack** will kick off your day in style

## (Almost) instant bagels

*Traditionally, bagels are boiled before baking to give them a shiny crust and chewy texture. This recipe skips the boiling step (which technically means they aren't true 'bagels'), instead using Greek-style yogurt in the dough to give them that toothsome texture. You'll get two bagels out of this recipe, so you can have the first freshly baked and the second the next day. Halve the day-old bagel and toast it, cut-sides up, in the air fryer at 200C for 1-2 mins until warmed through.*

■ Makes 2 ■ Prep 10 mins plus 30 mins resting ■ Cook 20 mins

VEGETARIAN

**100g self-raising flour**
**½ tsp fast-action dried yeast**
**100g 0% fat Greek-style yogurt**
**1 tbsp mixed seeds**

**1** Mix the flour, salt and yeast together in a medium bowl. Add the yogurt and stir together, then knead in the bowl until you get a smooth, firm dough. Add a splash of water (2-3 tsp) if it seems a bit dry. Cover and leave to rest for 30 mins.

**2** Divide the dough in half. Roll each half into a ball and poke a hole in the middle of each. Stretch out to form a ring shape – you want the hole in the centre to be about 5cm across (or it may disappear during cooking).

**3** Line the base of the air fryer with baking parchment. Put the bagels in the air fryer, brush with water, then sprinkle over the mixed seeds. Air fry at 160C for 15 mins, then flip and bake for another 2-4 mins until golden underneath. Cool before serving.

*Will keep at room temperature in a sealed container for up to two days. Reheat by slicing in half and air-frying at 180C for 1-2 mins (alternatively, reheat in a toaster).*

Made with natural yogurt

## Almond croissant toast

*This recipe is based on a French breakfast pastry known as bostock – it involves soaking stale brioche slices in syrup, then spreading with jam and frangipane before baking. The result is a bready pastry reminiscent of almond croissants. This is a simplified version of it, skipping the syrup soaking – it's plenty sweet already. If you have stale croissants rather than brioche, you can do as the bakeries do and use the jam and frangipane combo to make a homemade almond croissant instead.*

■ Serves 2 ■ Prep 5 mins plus cooling ■ Cook 12 mins VEGETARIAN

**20g salted butter, softened**
**40g light brown soft sugar**
**½ tbsp plain flour**
**1 egg white**
**⅛ tsp almond extract**
**50g ground almonds**
**2 slices day-old brioche or**
**2 two-day-old croissants**
**1 tbsp apricot jam**
**2 tbsp flaked almonds**
**pinch of icing sugar (optional)**

**1** In a medium bowl, mix the butter and sugar together until smooth. Stir in the flour, egg white and almond extract. Finally, stir in the ground almonds.
**2** If using brioche, spread each slice with ½ tbsp apricot jam, then thickly spread (or pipe) the almond mixture on top. Sprinkle over the flaked almonds. If using croissants, cut in half. Sandwich the jam and three-quarters of the almond mixture between the two halves of each croissant. Spread the remaining almond mixture on top of the croissants and sprinkle with the flaked almonds.
**3** Air-fry the brioche or croissants at 160C for 7-12 mins. For the brioche, the topping should turn golden around the edges and feel set to the touch. For the croissants, the topping should be golden and the inside slightly gooey. Cool for a few minutes before dusting with icing sugar, if you like.

On the table in 20 mins!

## Chorizo, red pepper & potato quiche

■ Serves 4-6 ■ Prep 30 mins plus chilling and cooling ■ Cook 50 mins

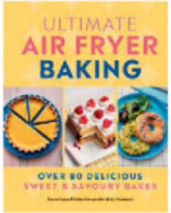
**300g shortcrust pastry**
**100g cooking chorizo**
**1 small jar red peppers (185g drained weight), or 1 fresh red pepper**
**½ x 400g can peeled new potatoes, drained**
**2 eggs**
**150ml double cream**
**100ml crème fraiche**
**small bunch of flat-leaf parsley, finely chopped**
**100g mature cheddar, grated**

**1** Roll out the pastry to the thickness of a £1 coin and a little larger than your tin (use an 18-20cm high-sided fluted tart tin). Press the pastry carefully into the tin, pushing into each flute. Prick the base using a fork and chill for 15 mins.

**2** Meanwhile, crumble or roughly chop the chorizo and put in a silicone air fryer liner. Air-fry at 180C for 5 mins before transferring to a bowl. Roughly chop the jarred or fresh red pepper and the canned potatoes, then add to the chorizo.

**3** Line the chilled pastry case with baking parchment and fill with baking beans or uncooked rice. Air-fry at 160C for 15 mins, then remove the beans or rice and parchment, and bake for a further 10-12 mins until the base is lightly browned. Check the underside of the base carefully to make sure it's cooked through.

**4** In a bowl, whisk together the eggs, cream and crème fraîche before adding the chorizo mixture and parsley, along with a good pinch each of salt and pepper. Fold in the cheese. Pour into the pastry case and air-fry at 160C for 20-24 mins until cooked through. There may be a small wobble in the centre, but it will set as it cools. Cool in the tin for 30-40 mins before serving, or leave to cool completely.



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Recipes adapted from *Ultimate Air Fryer Baking* by Dominique Eloïse Alexander and Izy Hossack (£22, Hamlyn) and not retested by us. Photographs by Izy Hossack.

easycook

# next month

## MAKE THE PERFECT PIE

- One-pot paneer curry pie
- BBQ kofte with whipped feta & tahini slaw
- Rhubarb & custard cake

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APRIL

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Need inspiration? Look no further than our at-a-glance guide

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We do not nutritionally analyse book extracts, and some of our recipes may not state the salt and sugar content

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# Kitchen projects:

# SHRUBS

These tangy, fruity syrups make a refreshing alcohol-free drink with tonic or soda water – or, add to cocktails if you fancy a tipple!

## Pomegranate & rosemary shrub

■ Makes 450ml ■ Prep 5 mins plus cooling ■ Cook 5 mins VEGETARIAN

**300ml pomegranate juice (use 100% juice)**
**1 rosemary sprig, leaves picked**
**150g caster sugar**
**150ml raw apple cider vinegar**
**sparking water or tonic water, to serve**

**1** Gently heat the pomegranate juice, rosemary leaves and sugar in a pan, stirring until the sugar has dissolved.
**2** Remove from the heat and stir in the vinegar. Discard the rosemary. Cool, then decant into sterilised bottles. Serve with sparkling water or tonic water.

## Grapefruit & cardamom shrub

■ Makes 450ml ■ Prep 15 mins plus cooling ■ Cook 5 mins VEGETARIAN

**1 grapefruit, peeled and roughly chopped**
**1 orange, peeled and roughly chopped**
**8 cardamom pods, bashed**
**200g caster sugar**
**150ml raw apple cider vinegar**
**sparkling water or tonic water, to serve**

**1** Blitz the grapefruit and orange to a purée in a food processor, then pour into a pan with the cardamom and sugar. Gently heat, stirring until the sugar has dissolved.
**2** Sieve the mixture, then stir in the vinegar. Cool and decant into sterilised bottles. Serve with sparkling water or tonic water.

## Pineapple shrub

■ Makes 600ml ■ Prep 5 mins plus cooling ■ Cook 5 mins VEGETARIAN

**500g prepared pineapple, cut into chunks**
**200g caster sugar**
**200ml raw apple cider vinegar**
**sparkling water or tonic water, to serve**

**1** Blitz the pineapple chunks to a purée in a food processor, then pour into a pan along with the sugar. Gently heat, stirring until the sugar has dissolved.
**2** Remove from the heat and pass the mixture through a fine sieve. Stir in the vinegar. Cool, then decant into sterilised bottles. Serve with sparkling water or tonic water.

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